



19. Sondershäuser Kristall-Lauf  
Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Töpel, Dominik

Club: Auerstedt  
Number: 398

Course: 10.50 km  
10 km (680 m unter der Erdoberfläche)

Category:  
Männer 30 bis 39 Jahre

Total time: 50:53

Speed: 11.79 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 90 (of 389)

Rank in course/Men: 81 (of 301)

Best time in course: 32:58

Rank in category: 27(of 68)

Best time in the category: 32:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	11:09	5:18	39	4:47	139	4:47	2.10	11:09	5:18	39	4:47	139	4:47
Rundenzeit	2.10	9:50	4:40	33	3:18	90	8:12	4.20	20:59	4:59	35	8:05	114	8:05
Rundenzeit	2.10	9:56	4:43	25	3:16	69	3:16	6.30	30:55	4:54	31	11:21	94	11:21
Rundenzeit	2.10	9:57	4:44	18	3:17	55	3:17	8.40	40:52	4:51	28	14:38	82	14:38
Finish	2.10	10:01	4:46	22	3:17	67	3:17	10.50	50:53	4:50	27	17:55	81	17:55