



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

Detailed evaluation

**Bludau, Guido**

Club: LG Brunsberg  
Number: 43

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

Category:  
Männer 50 bis 59 Jahre

Total time: 51:09

Speed: 11.73 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 92 (of 389)

Rank in course/Men: 83 (of 301)

Best time in course: 32:58

Rank in category: 19(of 86)

Best time in the category: 42:31

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	9:52	4:41	16	1:49	61	3:30	2.10	9:52	4:41	16	1:49	61	3:30
Rundenzeit	2.10	9:58	4:44	21	1:34	100	8:20	4.20	19:50	4:43	20	3:23	77	6:56
Rundenzeit	2.10	10:17	4:53	23	1:40	91	3:37	6.30	30:07	4:46	18	5:02	76	10:33
Rundenzeit	2.10	10:27	4:58	21	1:40	84	3:47	8.40	40:34	4:49	19	6:41	78	14:20
Finish	2.10	10:35	5:02	25	2:14	106	3:51	10.50	51:09	4:52	19	8:38	83	18:11