



18. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Michel, Eric

Club: LFV Oberholz
Number: 236

Course: 9.40 km
10 km (680 m unter der Erdoberfläche)

Category:
Männer 20 bis 29 Jahre

Total time: 34:45

Speed: 16.23 km/h
Running performance: 3:42 min/km

Rank in course/Total: 9 (of 373)

Rank in course/Men: 9 (of 286)

Best time in course: 31:07

Rank in category: 2(of 22)

Best time in the category: 33:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men			
Rundenzeit	2.20	7:09	3:15	1	-	6	0:07	2.20	7:09	3:15	1	-	6	0:07			
Rundenzeit	1.80	6:39	3:41	2	0:20	11	0:41	4.00	13:48	3:27	2	0:18	8	0:48			
Rundenzeit	1.80	7:03	3:54	2	0:35	12	0:55	5.80	20:51	3:35	2	0:53	8	1:40			
Rundenzeit	1.80	7:02	3:54	2	0:24	11	0:59	7.60	27:53	3:40	2	1:17	9	2:39			
Finish	1.80	6:52	3:48	2	0:19	14	6:43	9.40	34:45	3:41	2	1:36	9	3:38			