



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

Detailed evaluation

Püschel, Silvio

Club: Hetzdorfer SV 1990
Number: 285

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

Category:
Männer 30 bis 39 Jahre

Total time: 45:45

Speed: 12.33 km/h
Running performance: 4:52 min/km

Rank in course/Total: 96 (of 373)

Rank in course/Men: 91 (of 286)

Best time in course: 31:07

Rank in category: 29(of 57)

Best time in the category: 31:07

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	2.20	11:39	5:17	40	4:37	178	4:37	2.20	11:39	5:17	40	4:37	178	4:37
Rundenzeit	1.80	8:37	4:47	33	2:39	103	2:39	4.00	20:16	5:03	39	7:16	143	7:16
Rundenzeit	1.80	8:37	4:47	27	2:29	82	2:29	5.80	28:53	4:58	37	9:42	123	9:42
Rundenzeit	1.80	8:37	4:47	26	2:34	74	2:34	7.60	37:30	4:56	34	12:16	110	12:16
Finish	1.80	8:15	4:34	21	2:24	62	8:06	9.40	45:45	4:52	29	14:38	94	14:38