



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Wernitz, Sebastian

Club: OBETA

Number: 406

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 45:53

Speed: 11.77 km/h

Running performance: 4:53 min/km

Rank in course/Total: 99 (of 373)

Rank in course/Men: 93 (of 286)

Best time in course: 31:07

Rank in category: 30(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	11:07	5:03	38	4:05	151	4:05	2.20	11:07	5:03	38	4:05	151	4:05
Rundenzeit	1.80	8:41	4:49	34	2:43	108	2:43	4.00	19:48	4:57	36	6:48	130	6:48
Rundenzeit	1.80	8:46	4:52	30	2:38	92	2:38	5.80	28:34	4:55	35	9:23	113	9:23
Rundenzeit	1.80	8:54	4:56	30	2:51	91	2:51	7.60	37:28	4:55	33	12:14	108	12:14
Finish	1.80	8:25	4:40	27	2:34	72	8:16	9.40	45:53	4:52	30	14:46	97	14:46