



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

Detailed evaluation

Voss, Dennis

Club: Hamburg
Number: 391

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: 100 (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	9:31	4:19	26	2:29	67	2:29	2.20	9:31	4:19	26	2:29	67	2:29
Rundenzeit	1.80	8:29	4:42	32	2:31	90	2:31	4.00	18:00	4:30	28	5:00	78	5:00
Rundenzeit	1.80	9:03	5:01	32	2:55	111	2:55	5.80	27:03	4:39	28	7:52	84	7:52
Rundenzeit	1.80	9:25	5:13	32	3:22	121	3:22	7.60	36:28	4:47	29	11:14	93	11:14
Finish	1.80	9:25	5:13	34	3:34	122	9:16	9.40	45:53	4:52	30	14:46	97	14:46