



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

Detailed evaluation

Meyer, Carsten

Club: Vital Spa
Number: 232

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

Category:
Männer 50 bis 59 Jahre

Total time: 45:54

Speed: 12.29 km/h
Running performance: 4:53 min/km

Rank in course/Total: 101 (of 373)

Rank in course/Men: 95 (of 286)

Best time in course: 31:07

Rank in category: 16(of 80)

Best time in the category: 36:02

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	9:34	4:20	9	1:45	70	2:32	2.20	9:34	4:20	9	1:45	70	2:32
Rundenzeit	1.80	8:35	4:46	17	1:44	99	2:37	4.00	18:09	4:32	11	3:29	81	5:09
Rundenzeit	1.80	8:58	4:58	22	1:53	105	2:50	5.80	27:07	4:40	13	5:22	87	7:56
Rundenzeit	1.80	9:31	5:17	29	2:24	126	3:28	7.60	36:38	4:49	17	7:37	96	11:24
Finish	1.80	9:16	5:08	25	9:07	113	9:07	9.40	45:54	4:52	16	9:52	99	14:47