



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

Detailed evaluation

Lohmann, Rolf Michael

Club: SG Stern Hamburg
Number: 213

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

Category:
Männer 50 bis 59 Jahre

Total time: 46:08

Speed: 11.71 km/h
Running performance: 4:55 min/km

Rank in course/Total: 105 (of 373)

Rank in course/Men: 98 (of 286)

Best time in course: 31:07

Rank in category: 19(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	11:32	5:14	40	3:43	172	4:30	2.20	11:32	5:14	40	3:43	172	4:30
Rundenzeit	1.80	9:00	5:00	31	2:09	134	3:02	4.00	20:32	5:08	33	5:52	152	7:32
Rundenzeit	1.80	8:38	4:47	12	1:33	84	2:30	5.80	29:10	5:01	29	7:25	131	9:59
Rundenzeit	1.80	8:36	4:46	10	1:29	71	2:33	7.60	37:46	4:58	23	8:45	112	12:32
Finish	1.80	8:22	4:38	12	8:13	70	8:13	9.40	46:08	4:54	19	10:06	102	15:01