



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Fierenz, Gerald

Club: SV Glückauf Sondershausen
Number: 73

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

Category:
Männer 50 bis 59 Jahre

Total time: 46:36

Speed: 12.10 km/h
Running performance: 4:58 min/km

Rank in course/Total: 109 (of 373)

Rank in course/Men: 102 (of 286)

Best time in course: 31:07

Rank in category: 21(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	9:57	4:31	14	2:08	86	2:55	2.20	9:57	4:31	14	2:08	86	2:55
Rundenzeit	1.80	8:30	4:43	14	1:39	92	2:32	4.00	18:27	4:36	15	3:47	91	5:27
Rundenzeit	1.80	9:13	5:07	29	2:08	123	3:05	5.80	27:40	4:46	20	5:55	102	8:29
Rundenzeit	1.80	9:39	5:21	35	2:32	143	3:36	7.60	37:19	4:54	22	8:18	107	12:05
Finish	1.80	9:17	5:09	26	9:08	115	9:08	9.40	46:36	4:57	21	10:34	106	15:29