



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Schneider, Detlef

Club: MTB RACE TEAM

Number: 329

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 46:55

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 111 (of 373)

Rank in course/Men: 104 (of 286)

Best time in course: 31:07

Rank in category: 31(of 91)

Best time in the category: 33:10

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	10:25	4:44	35	3:15	111	3:23	2.20	10:25	4:44	35	3:15	111	3:23
Rundenzeit	1.80	8:51	4:54	38	2:30	122	2:53	4.00	19:16	4:48	38	5:45	113	6:16
Rundenzeit	1.80	9:18	5:10	41	2:49	127	3:10	5.80	28:34	4:55	36	8:34	113	9:23
Rundenzeit	1.80	9:19	5:10	39	2:41	115	3:16	7.60	37:53	4:59	36	11:15	114	12:39
Finish	1.80	9:02	5:01	27	2:30	97	8:53	9.40	46:55	4:59	33	13:45	108	15:48