



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

Detailed evaluation

Kühlewind, Andreas

Club: Potsdam
Number: 194

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

Category:
Männer 40 bis 49 Jahre

Total time: 47:04

Speed: 11.98 km/h
Running performance: 5:01 min/km

Rank in course/Total: 114 (of 373)

Rank in course/Men: 105 (of 286)

Best time in course: 31:07

Rank in category: 32(of 91)

Best time in the category: 33:10

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Rundenzeit	2.20	10:38	4:49	40	3:28	118	3:36	2.20	10:38	4:49	40	3:28	118	3:36
Rundenzeit	1.80	8:57	4:58	42	2:36	130	2:59	4.00	19:35	4:53	43	6:04	124	6:35
Rundenzeit	1.80	9:04	5:02	35	2:35	112	2:56	5.80	28:39	4:56	37	8:39	118	9:28
Rundenzeit	1.80	9:13	5:07	36	2:35	108	3:10	7.60	37:52	4:58	35	11:14	113	12:38
Finish	1.80	9:12	5:06	32	2:40	109	9:03	9.40	47:04	5:00	34	13:54	109	15:57