



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Bauspieß, Uwe

Club: Team Kyffhäuser Bike and Run
Number: 19

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

Category:
Männer 50 bis 59 Jahre

Total time: 47:30

Speed: 11.37 km/h
Running performance: 5:03 min/km

Rank in course/Total: 118 (of 373)

Rank in course/Men: 108 (of 286)

Best time in course: 31:07

Rank in category: 23(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	10:08	4:36	20	2:19	98	3:06	2.20	10:08	4:36	20	2:19	98	3:06
Rundenzeit	1.80	8:48	4:53	24	1:57	118	2:50	4.00	18:56	4:44	20	4:16	100	5:56
Rundenzeit	1.80	9:22	5:12	32	2:17	130	3:14	5.80	28:18	4:52	23	6:33	109	9:07
Rundenzeit	1.80	9:37	5:20	33	2:30	138	3:34	7.60	37:55	4:59	24	8:54	115	12:41
Finish	1.80	9:35	5:19	32	9:26	134	9:26	9.40	47:30	5:03	23	11:28	112	16:23