



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

Detailed evaluation

Braunreuther, Michael

Club: SV Heilgersdorf
Number: 48

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

Category:
Männer 50 bis 59 Jahre

Total time: 47:35

Speed: 11.35 km/h
Running performance: 5:04 min/km

Rank in course/Total: 119 (of 373)

Rank in course/Men: 110 (of 286)

Best time in course: 31:07

Rank in category: 24(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	10:56	4:58	29	3:07	141	3:54	2.20	10:56	4:58	29	3:07	141	3:54
Rundenzeit	1.80	8:59	4:59	30	2:08	132	3:01	4.00	19:55	4:58	28	5:15	136	6:55
Rundenzeit	1.80	9:12	5:06	27	2:07	120	3:04	5.80	29:07	5:01	28	7:22	130	9:56
Rundenzeit	1.80	9:20	5:11	25	2:13	117	3:17	7.60	38:27	5:03	27	9:26	127	13:13
Finish	1.80	9:08	5:04	21	8:59	105	8:59	9.40	47:35	5:03	24	11:33	114	16:28