



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

Detailed evaluation

Barth, Roland

Club: Leipzig
Number: 11

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

Category:
Männer 60 bis 69 Jahre

Total time: 47:38

Speed: 11.34 km/h
Running performance: 5:04 min/km

Rank in course/Total: 121 (of 373)

Rank in course/Men: 111 (of 286)

Best time in course: 31:07

Rank in category: 4(of 20)

Best time in the category: 38:39

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	5	2:27	141	3:54	2.20	10:56	4:58	5	2:27	141	3:54
Rundenzeit	1.80	8:51	4:54	4	1:28	122	2:53	4.00	19:47	4:56	4	3:55	128	6:47
Rundenzeit	1.80	9:00	5:00	4	1:25	106	2:52	5.80	28:47	4:57	4	5:20	120	9:36
Rundenzeit	1.80	9:20	5:11	4	1:39	117	3:17	7.60	38:07	5:00	4	6:59	118	12:53
Finish	1.80	9:31	5:17	5	9:18	132	9:22	9.40	47:38	5:04	5	8:59	115	16:31