



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

Detailed evaluation

Kristek, Gernot

Club: Die Werkstatt Peter u. Koch  
Number: 186

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

Category:  
Männer 40 bis 49 Jahre

Total time: 47:40

Speed: 11.33 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 122 (of 373)

Rank in course/Men: 112 (of 286)

Best time in course: 31:07

Rank in category: 34(of 91)

Best time in the category: 33:10

Intermediate times

Stage score

Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Rundenzeit | 2.20        | 10:10         | 4:37            | 30          | 3:00           | 99          | 3:08          | 2.20          | 10:10         | 4:37            | 30          | 3:00           | 99         | 3:08          |
| Rundenzeit | 1.80        | 8:53          | 4:56            | 40          | 2:32           | 125         | 2:55          | 4.00          | 19:03         | 4:45            | 33          | 5:32           | 105        | 6:03          |
| Rundenzeit | 1.80        | 9:29          | 5:16            | 44          | 3:00           | 138         | 3:21          | 5.80          | 28:32         | 4:55            | 35          | 8:32           | 112        | 9:21          |
| Rundenzeit | 1.80        | 9:38          | 5:21            | 47          | 3:00           | 140         | 3:35          | 7.60          | 38:10         | 5:01            | 38          | 11:32          | 121        | 12:56         |
| Finish     | 1.80        | 9:30          | 5:16            | 42          | 2:58           | 131         | 9:21          | 9.40          | 47:40         | 5:04            | 36          | 14:30          | 116        | 16:33         |