



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

Detailed evaluation

Gräbe, Dietmar

Club: Dream Team Schwabach
Number: 95

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

Category:
Männer 50 bis 59 Jahre

Total time: 47:57

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 123 (of 373)

Rank in course/Men: 113 (of 286)

Best time in course: 31:07

Rank in category: 25(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	11:12	5:05	32	3:23	156	4:10	2.20	11:12	5:05	32	3:23	156	4:10
Rundenzeit	1.80	8:54	4:56	27	2:03	126	2:56	4.00	20:06	5:01	30	5:26	139	7:06
Rundenzeit	1.80	9:09	5:04	25	2:04	117	3:01	5.80	29:15	5:02	31	7:30	134	10:04
Rundenzeit	1.80	9:22	5:12	26	2:15	119	3:19	7.60	38:37	5:04	28	9:36	128	13:23
Finish	1.80	9:20	5:11	28	9:11	118	9:11	9.40	47:57	5:06	25	11:55	117	16:50