



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

Detailed evaluation

Makarinus, Robert

Club: Nordhausen
Number: 225

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

Category:
Männer 30 bis 39 Jahre

Total time: 35:36

Speed: 15.17 km/h
Running performance: 3:47 min/km

Rank in course/Total: 12 (of 373)

Rank in course/Men: 12 (of 286)

Best time in course: 31:07

Rank in category: 7(of 57)

Best time in the category: 31:07

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	7:24	3:21	6	0:22	9	0:22	2.20	7:24	3:21	6	0:22	9	0:22
Rundenzeit	1.80	6:34	3:38	6	0:36	9	0:36	4.00	13:58	3:29	6	0:58	9	0:58
Rundenzeit	1.80	7:01	3:53	7	0:53	10	0:53	5.80	20:59	3:37	6	1:48	9	1:48
Rundenzeit	1.80	7:09	3:58	7	1:06	13	1:06	7.60	28:08	3:42	6	2:54	11	2:54
Finish	1.80	7:28	4:08	11	1:37	26	7:19	9.40	35:36	3:47	7	4:29	12	4:29