



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Bergner, Jürgen

Club: SV Braunsbedra
Number: 27

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

Category:
Männer 50 bis 59 Jahre

Total time: 48:06

Speed: 11.73 km/h
Running performance: 5:07 min/km

Rank in course/Total: 128 (of 373)

Rank in course/Men: 116 (of 286)

Best time in course: 31:07

Rank in category: 26(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	11:15	5:06	33	3:26	159	4:13	2.20	11:15	5:06	33	3:26	159	4:13
Rundenzeit	1.80	9:17	5:09	36	2:26	151	3:19	4.00	20:32	5:08	33	5:52	152	7:32
Rundenzeit	1.80	9:01	5:00	23	1:56	108	2:53	5.80	29:33	5:05	32	7:48	138	10:22
Rundenzeit	1.80	9:14	5:07	21	2:07	110	3:11	7.60	38:47	5:06	31	9:46	131	13:33
Finish	1.80	9:19	5:10	27	9:10	116	9:10	9.40	48:06	5:07	26	12:04	120	16:59