



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

Detailed evaluation

Strube, Rene

Club: Niedergebra - Selbstläufer
Number: 370

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

Category:
Männer 40 bis 49 Jahre

Total time: 48:06

Speed: 11.23 km/h
Running performance: 5:07 min/km

Rank in course/Total: 129 (of 373)

Rank in course/Men: 116 (of 286)

Best time in course: 31:07

Rank in category: 36(of 91)

Best time in the category: 33:10

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 | 10:12 | 4:38 | 31 | 3:02 | 101 | 3:10 | 2.20 | 10:12 | 4:38 | 31 | 3:02 | 101 | 3:10 |
| Rundenzeit | 1.80 | 9:02 | 5:01 | 45 | 2:41 | 136 | 3:04 | 4.00 | 19:14 | 4:48 | 36 | 5:43 | 111 | 6:14 |
| Rundenzeit | 1.80 | 9:34 | 5:18 | 47 | 3:05 | 143 | 3:26 | 5.80 | 28:48 | 4:57 | 39 | 8:48 | 121 | 9:37 |
| Rundenzeit | 1.80 | 9:35 | 5:19 | 44 | 2:57 | 133 | 3:32 | 7.60 | 38:23 | 5:03 | 40 | 11:45 | 125 | 13:09 |
| Finish | 1.80 | 9:43 | 5:23 | 49 | 3:11 | 146 | 9:34 | 9.40 | 48:06 | 5:07 | 38 | 14:56 | 120 | 16:59 |