



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

Detailed evaluation

Kuhn, Bernd

Club: Raramuris
Number: 196

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

Category:
Männer 40 bis 49 Jahre

Total time: 48:08

Speed: 11.72 km/h
Running performance: 5:07 min/km

Rank in course/Total: 130 (of 373)

Rank in course/Men: 118 (of 286)

Best time in course: 31:07

Rank in category: 37(of 91)

Best time in the category: 33:10

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	10:49	4:54	45	3:39	128	3:47	2.20	10:49	4:54	45	3:39	128	3:47
Rundenzeit	1.80	8:49	4:53	37	2:28	120	2:51	4.00	19:38	4:54	44	6:07	125	6:38
Rundenzeit	1.80	9:15	5:08	40	2:46	126	3:07	5.80	28:53	4:58	40	8:53	123	9:42
Rundenzeit	1.80	9:33	5:18	42	2:55	128	3:30	7.60	38:26	5:03	41	11:48	126	13:12
Finish	1.80	9:42	5:23	48	3:10	145	9:33	9.40	48:08	5:07	39	14:58	122	17:01