



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

Detailed evaluation

Müller, Hartmut

Club: AC Apolda
Number: 245

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

Category:
Männer 50 bis 59 Jahre

Total time: 48:08

Speed: 11.22 km/h
Running performance: 5:07 min/km

Rank in course/Total: 131 (of 373)

Rank in course/Men: 118 (of 286)

Best time in course: 31:07

Rank in category: 27(of 80)

Best time in the category: 36:02

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	11:25	5:11	38	3:36	168	4:23	2.20	11:25	5:11	38	3:36	168	4:23
Rundenzeit	1.80	9:13	5:07	34	2:22	144	3:15	4.00	20:38	5:09	37	5:58	160	7:38
Rundenzeit	1.80	9:19	5:10	31	2:14	128	3:11	5.80	29:57	5:09	36	8:12	149	10:46
Rundenzeit	1.80	9:15	5:08	22	2:08	112	3:12	7.60	39:12	5:09	33	10:11	136	13:58
Finish	1.80	8:56	4:57	17	8:47	91	8:47	9.40	48:08	5:07	27	12:06	122	17:01