



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

Detailed evaluation

Schönemann, Lutz

Club: Mülheim
Number: 335

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

Category:
Männer 50 bis 59 Jahre

Total time: 48:09

Speed: 11.21 km/h
Running performance: 5:07 min/km

Rank in course/Total: 132 (of 373)

Rank in course/Men: 120 (of 286)

Best time in course: 31:07

Rank in category: 28(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.	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	12:07	5:30	46	4:18	194	5:05	2.20	12:07	5:30	46	4:18	194	5:05
Rundenzeit	1.80	8:37	4:47	21	1:46	103	2:39	4.00	20:44	5:11	38	6:04	164	7:44
Rundenzeit	1.80	8:57	4:58	21	1:52	103	2:49	5.80	29:41	5:07	33	7:56	141	10:30
Rundenzeit	1.80	9:00	5:00	17	1:53	100	2:57	7.60	38:41	5:05	30	9:40	130	13:27
Finish	1.80	9:28	5:15	29	9:19	123	9:19	9.40	48:09	5:07	28	12:07	124	17:02