



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

Detailed evaluation

Pukhovytzky, Oleg

Club: Erfurt
Number: 284

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

Category:
Männer 30 bis 39 Jahre

Total time: 48:15

Speed: 11.19 km/h
Running performance: 5:08 min/km

Rank in course/Total: 133 (of 373)

Rank in course/Men: 121 (of 286)

Best time in course: 31:07

Rank in category: 35(of 57)

Best time in the category: 31:07

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	10:48	4:54	36	3:46	125	3:46	2.20	10:48	4:54	36	3:46	125	3:46
Rundenzeit	1.80	8:41	4:49	34	2:43	108	2:43	4.00	19:29	4:52	35	6:29	121	6:29
Rundenzeit	1.80	9:07	5:03	33	2:59	113	2:59	5.80	28:36	4:55	36	9:25	116	9:25
Rundenzeit	1.80	9:33	5:18	34	3:30	128	3:30	7.60	38:09	5:01	36	12:55	120	12:55
Finish	1.80	10:06	5:36	39	4:15	162	9:57	9.40	48:15	5:07	35	17:08	125	17:08