



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

Detailed evaluation

Klages, Hartmut

Club: MTV Müden/Örtze  
Number: 168

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

Category:  
Männer 50 bis 59 Jahre

Total time: 36:02

Speed: 14.99 km/h  
Running performance: 3:50 min/km

Rank in course/Total: 13 (of 373)

Rank in course/Men: 13 (of 286)

Best time in course: 31:07

Rank in category: 1(of 80)

Best time in the category: 36:02

Intermediate times

Stage score

Total ranking

| 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               | 7:49       | 3:33         | 1        | -           | 14          | 0:47       | 2.20     | 7:49       | 3:33          | 1        | -           | 14      | 0:47       |  |
| Rundenzeit | 1.80               | 6:51       | 3:48         | 1        | -           | 13          | 0:53       | 4.00     | 14:40      | 3:39          | 1        | -           | 14      | 1:40       |  |
| Rundenzeit | 1.80               | 7:05       | 3:56         | 1        | -           | 13          | 0:57       | 5.80     | 21:45      | 3:45          | 1        | -           | 14      | 2:34       |  |
| Rundenzeit | 1.80               | 7:16       | 4:02         | 2        | 0:09        | 17          | 1:13       | 7.60     | 29:01      | 3:49          | 1        | -           | 14      | 3:47       |  |
| Finish     | 1.80               | 7:01       | 3:53         | 3        | 6:52        | 16          | 6:52       | 9.40     | 36:02      | 3:49          | 1        | -           | 13      | 4:55       |  |