



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

Detailed evaluation

Schaller, Detlef

Club: Meeder
Number: 310

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

Category:
Männer 50 bis 59 Jahre

Total time: 48:48

Speed: 11.07 km/h
Running performance: 5:11 min/km

Rank in course/Total: 138 (of 373)

Rank in course/Men: 125 (of 286)

Best time in course: 31:07

Rank in category: 31(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	10:51	4:55	26	3:02	131	3:49	2.20	10:51	4:55	26	3:02	131	3:49
Rundenzeit	1.80	9:18	5:10	37	2:27	152	3:20	4.00	20:09	5:02	31	5:29	140	7:09
Rundenzeit	1.80	9:37	5:20	38	2:32	150	3:29	5.80	29:46	5:07	34	8:01	144	10:35
Rundenzeit	1.80	9:34	5:18	30	2:27	131	3:31	7.60	39:20	5:10	34	10:19	138	14:06
Finish	1.80	9:28	5:15	29	9:19	123	9:19	9.40	48:48	5:11	31	12:46	129	17:41