



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

Detailed evaluation

Schütz, Ralf-Uwe

Club: Hamburg
Number: 346

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

Category:
Männer 40 bis 49 Jahre

Total time: 48:51

Speed: 11.55 km/h
Running performance: 5:12 min/km

Rank in course/Total: 140 (of 373)

Rank in course/Men: 126 (of 286)

Best time in course: 31:07

Rank in category: 39(of 91)

Best time in the category: 33:10

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	11:07	5:03	54	3:57	151	4:05	2.20	11:07	5:03	54	3:57	151	4:05
Rundenzeit	1.80	9:15	5:08	49	2:54	147	3:17	4.00	20:22	5:05	49	6:51	146	7:22
Rundenzeit	1.80	9:30	5:16	46	3:01	142	3:22	5.80	29:52	5:08	48	9:52	145	10:41
Rundenzeit	1.80	9:31	5:17	41	2:53	126	3:28	7.60	39:23	5:10	45	12:45	139	14:09
Finish	1.80	9:28	5:15	38	2:56	123	9:19	9.40	48:51	5:11	41	15:41	130	17:44