



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

Detailed evaluation

Peter, Ralf

Club: Die Werkstatt Peter und Koch
Number: 276

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

Category:
Männer 40 bis 49 Jahre

Total time: 48:55

Speed: 11.53 km/h
Running performance: 5:12 min/km

Rank in course/Total: 142 (of 373)

Rank in course/Men: 128 (of 286)

Best time in course: 31:07

Rank in category: 40(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	10:15	4:39	33	3:05	104	3:13	2.20	10:15	4:39	33	3:05	104	3:13
Rundenzeit	1.80	9:16	5:08	51	2:55	149	3:18	4.00	19:31	4:52	41	6:00	122	6:31
Rundenzeit	1.80	9:39	5:21	52	3:10	152	3:31	5.80	29:10	5:01	43	9:10	131	9:59
Rundenzeit	1.80	9:58	5:32	58	3:20	162	3:55	7.60	39:08	5:08	43	12:30	135	13:54
Finish	1.80	9:47	5:26	53	3:15	152	9:38	9.40	48:55	5:12	42	15:45	132	17:48