



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

Detailed evaluation

Kühnemund, Raik

Club: SV Alemania Riestedt
Number: 197

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

Category:
Männer 40 bis 49 Jahre

Total time: 48:56

Speed: 11.04 km/h
Running performance: 5:13 min/km

Rank in course/Total: 143 (of 373)

Rank in course/Men: 129 (of 286)

Best time in course: 31:07

Rank in category: 41(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	11:44	5:19	63	4:34	180	4:42	2.20	11:44	5:19	63	4:34	180	4:42
Rundenzeit	1.80	8:59	4:59	43	2:38	132	3:01	4.00	20:43	5:10	58	7:12	163	7:43
Rundenzeit	1.80	9:23	5:12	43	2:54	135	3:15	5.80	30:06	5:11	51	10:06	154	10:55
Rundenzeit	1.80	9:41	5:22	50	3:03	148	3:38	7.60	39:47	5:14	49	13:09	148	14:33
Finish	1.80	9:09	5:04	31	2:37	106	9:00	9.40	48:56	5:12	43	15:46	133	17:49