



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

Detailed evaluation

Schlott, Michael

Club: St.Kilian
Number: 318

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

Category:
Männer 50 bis 59 Jahre

Total time: 49:04

Speed: 11.01 km/h
Running performance: 5:13 min/km

Rank in course/Total: 145 (of 373)

Rank in course/Men: 130 (of 286)

Best time in course: 31:07

Rank in category: 32(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	11:19	5:08	37	3:30	165	4:17	2.20	11:19	5:08	37	3:30	165	4:17	
Rundenzeit	1.80	9:18	5:10	37	2:27	152	3:20	4.00	20:37	5:09	36	5:57	159	7:37	
Rundenzeit	1.80	9:38	5:21	39	2:33	151	3:30	5.80	30:15	5:12	39	8:30	159	11:04	
Rundenzeit	1.80	9:39	5:21	35	2:32	143	3:36	7.60	39:54	5:15	39	10:53	155	14:40	
Finish	1.80	9:10	5:05	23	9:01	108	9:01	9.40	49:04	5:13	32	13:02	134	17:57	