



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Buschfort, Friedhelm

Club: Team XR1

Number: 56

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 49:08

Speed: 10.99 km/h

Running performance: 5:14 min/km

Rank in course/Total: 147 (of 373)

Rank in course/Men: 131 (of 286)

Best time in course: 31:07

Rank in category: 33(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 | 11:06 | 5:02 | 30 | 3:17 | 149 | 4:04 | 2.20 | 11:06 | 5:02 | 30 | 3:17 | 149 | 4:04 |
| Rundenzeit | 1.80 | 9:20 | 5:11 | 40 | 2:29 | 160 | 3:22 | 4.00 | 20:26 | 5:06 | 32 | 5:46 | 148 | 7:26 |
| Rundenzeit | 1.80 | 9:29 | 5:16 | 35 | 2:24 | 138 | 3:21 | 5.80 | 29:55 | 5:09 | 35 | 8:10 | 147 | 10:44 |
| Rundenzeit | 1.80 | 9:35 | 5:19 | 32 | 2:28 | 133 | 3:32 | 7.60 | 39:30 | 5:11 | 35 | 10:29 | 141 | 14:16 |
| Finish | 1.80 | 9:38 | 5:21 | 33 | 9:29 | 137 | 9:29 | 9.40 | 49:08 | 5:13 | 33 | 13:06 | 135 | 18:01 |