



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

Detailed evaluation

Vering, Marc

Club: Team XR1
Number: 384

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

Category:
Männer 40 bis 49 Jahre

Total time: 49:09

Speed: 10.99 km/h
Running performance: 5:14 min/km

Rank in course/Total: 148 (of 373)

Rank in course/Men: 132 (of 286)

Best time in course: 31:07

Rank in category: 42(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	11:05	5:02	52	3:55	148	4:03	2.20	11:05	5:02	52	3:55	148	4:03
Rundenzeit	1.80	9:20	5:11	56	2:59	160	3:22	4.00	20:25	5:06	50	6:54	147	7:25
Rundenzeit	1.80	9:29	5:16	44	3:00	138	3:21	5.80	29:54	5:09	49	9:54	146	10:43
Rundenzeit	1.80	9:35	5:19	44	2:57	133	3:32	7.60	39:29	5:11	46	12:51	140	14:15
Finish	1.80	9:40	5:22	45	3:08	138	9:31	9.40	49:09	5:13	44	15:59	136	18:02