



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Siewert, Matthias

Club: Einbeck
Number: 355

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

Category:
Männer 40 bis 49 Jahre

Total time: 49:19

Speed: 11.44 km/h
Running performance: 5:15 min/km

Rank in course/Total: 150 (of 373)

Rank in course/Men: 133 (of 286)

Best time in course: 31:07

Rank in category: 43(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	11:11	5:04	55	4:01	155	4:09	2.20	11:11	5:04	55	4:01	155	4:09
Rundenzeit	1.80	9:19	5:10	54	2:58	157	3:21	4.00	20:30	5:07	51	6:59	149	7:30
Rundenzeit	1.80	9:39	5:21	52	3:10	152	3:31	5.80	30:09	5:11	53	10:09	156	10:58
Rundenzeit	1.80	9:42	5:23	51	3:04	149	3:39	7.60	39:51	5:14	52	13:13	151	14:37
Finish	1.80	9:28	5:15	38	2:56	123	9:19	9.40	49:19	5:14	45	16:09	137	18:12