



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: 10.95 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 |