



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

Detailed evaluation

Hermann, Rainer

Club: LAC Rudolstadt  
Number: 132

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

Category:  
Männer 70 bis 79 Jahre

Total time: 49:20

Speed: 11.43 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 151 (of 373)

Rank in course/Men: 134 (of 286)

Best time in course: 31:07

Rank in category: 2(of 6)

Best time in the category: 43:41

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	11:24	5:10	3	2:10	167	4:22	2.20	11:24	5:10	3	2:10	167	4:22
Rundenzeit	1.80	9:12	5:06	2	0:57	142	3:14	4.00	20:36	5:09	3	3:07	158	7:36
Rundenzeit	1.80	9:24	5:13	2	0:54	136	3:16	5.80	30:00	5:10	3	4:01	150	10:49
Rundenzeit	1.80	9:39	5:21	2	0:48	143	3:36	7.60	39:39	5:13	2	4:49	145	14:25
Finish	1.80	9:41	5:22	2	0:50	139	9:32	9.40	49:20	5:14	2	5:39	138	18:13