



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Stoffels, Michael

Club: Erkelenz
Number: 369

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

Category:
Männer 50 bis 59 Jahre

Total time: 49:22

Speed: 10.94 km/h
Running performance: 5:15 min/km

Rank in course/Total: 152 (of 373)

Rank in course/Men: 135 (of 286)

Best time in course: 31:07

Rank in category: 34(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	9:56	4:30	13	2:07	85	2:54	2.20	9:56	4:30	13	2:07	85	2:54
Rundenzeit	1.80	9:06	5:03	32	2:15	137	3:08	4.00	19:02	4:45	21	4:22	104	6:02
Rundenzeit	1.80	9:36	5:19	37	2:31	147	3:28	5.80	28:38	4:56	24	6:53	117	9:27
Rundenzeit	1.80	9:43	5:23	38	2:36	151	3:40	7.60	38:21	5:02	26	9:20	122	13:07
Finish	1.80	11:01	6:07	50	10:52	202	10:52	9.40	49:22	5:15	34	13:20	139	18:15