



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Porzelt, Matthias

Club: SSV Merten
Number: 293

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

Category:
Männer 40 bis 49 Jahre

Total time: 49:27

Speed: 11.41 km/h
Running performance: 5:16 min/km

Rank in course/Total: 154 (of 373)

Rank in course/Men: 137 (of 286)

Best time in course: 31:07

Rank in category: 44(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	10:59	4:59	51	3:49	145	3:57	2.20	10:59	4:59	51	3:49	145	3:57
Rundenzeit	1.80	9:10	5:05	48	2:49	141	3:12	4.00	20:09	5:02	47	6:38	140	7:09
Rundenzeit	1.80	9:36	5:19	50	3:07	147	3:28	5.80	29:45	5:07	47	9:45	143	10:34
Rundenzeit	1.80	9:57	5:31	57	3:19	161	3:54	7.60	39:42	5:13	48	13:04	146	14:28
Finish	1.80	9:45	5:25	51	3:13	149	9:36	9.40	49:27	5:15	46	16:17	141	18:20