



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

Detailed evaluation

Freistadt, Sedat

Club: OBETA
Number: 80

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

Category:
Männer 40 bis 49 Jahre

Total time: 49:40

Speed: 11.36 km/h
Running performance: 5:17 min/km

Rank in course/Total: 157 (of 373)

Rank in course/Men: 139 (of 286)

Best time in course: 31:07

Rank in category: 45(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	11:31	5:14	60	4:21	171	4:29	2.20	11:31	5:14	60	4:21	171	4:29
Rundenzeit	1.80	9:26	5:14	59	3:05	168	3:28	4.00	20:57	5:14	61	7:26	170	7:57
Rundenzeit	1.80	9:34	5:18	47	3:05	143	3:26	5.80	30:31	5:15	54	10:31	161	11:20
Rundenzeit	1.80	9:38	5:21	47	3:00	140	3:35	7.60	40:09	5:16	55	13:31	161	14:55
Finish	1.80	9:31	5:17	43	2:59	132	9:22	9.40	49:40	5:17	47	16:30	143	18:33