



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

Detailed evaluation

Henke, Rene

Club: Angström  
Number: 130

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

Category:  
Männer 40 bis 49 Jahre

Total time: 49:42

Speed: 11.35 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 158 (of 373)

Rank in course/Men: 140 (of 286)

Best time in course: 31:07

Rank in category: 46(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	11:23	5:10	58	4:13	166	4:21	2.20	11:23	5:10	58	4:13	166	4:21
Rundenzeit	1.80	9:08	5:04	47	2:47	140	3:10	4.00	20:31	5:07	52	7:00	150	7:31
Rundenzeit	1.80	9:36	5:19	50	3:07	147	3:28	5.80	30:07	5:11	52	10:07	155	10:56
Rundenzeit	1.80	9:43	5:23	52	3:05	151	3:40	7.60	39:50	5:14	51	13:12	150	14:36
Finish	1.80	9:52	5:28	55	3:20	156	9:43	9.40	49:42	5:17	48	16:32	144	18:35