



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

Detailed evaluation

Kaltenborn, Matthias

Club: SV Braunsbedra
Number: 154

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

Category:
Männer 40 bis 49 Jahre

Total time: 49:57

Speed: 10.81 km/h
Running performance: 5:19 min/km

Rank in course/Total: 159 (of 373)

Rank in course/Men: 141 (of 286)

Best time in course: 31:07

Rank in category: 47(of 91)

Best time in the category: 33:10

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	10:57	4:58	50	3:47	143	3:55	2.20	10:57	4:58	50	3:47	143	3:55
Rundenzeit	1.80	9:00	5:00	44	2:39	134	3:02	4.00	19:57	4:59	46	6:26	137	6:57
Rundenzeit	1.80	9:35	5:19	49	3:06	145	3:27	5.80	29:32	5:05	45	9:32	137	10:21
Rundenzeit	1.80	10:03	5:35	59	3:25	164	4:00	7.60	39:35	5:12	47	12:57	144	14:21
Finish	1.80	10:22	5:45	60	3:50	174	10:13	9.40	49:57	5:18	49	16:47	145	18:50