



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Binroth, Nils

Club: SC Rot-Weiß Volkmarode
Number: 33

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

Category:
Männer 20 bis 29 Jahre

Total time: 49:32

Speed: 10.90 km/h
Running performance: 5:16 min/km

Rank in course/Total: 156 (of 373)

Rank in course/Men: 138 (of 286)

Best time in course: 31:07

Rank in category: 13(of 22)

Best time in the category: 33:09

Intermediate times

Stage score

Total ranking

Control	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	10:59	4:59	13	3:50	145	3:57	2.20	10:59	4:59	13	3:50	145	3:57
Rundenzeit	1.80	9:19	5:10	15	3:00	157	3:21	4.00	20:18	5:04	15	6:48	144	7:18
Rundenzeit	1.80	9:43	5:23	14	3:15	160	3:35	5.80	30:01	5:10	15	10:03	152	10:50
Rundenzeit	1.80	10:02	5:34	14	3:24	163	3:59	7.60	40:03	5:16	14	13:27	156	14:49
Finish	1.80	9:29	5:16	14	2:56	128	9:20	9.40	49:32	5:16	13	16:23	142	18:25