



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

Detailed evaluation

Winterhoff, Dirk

Club: MTV Müden/Örtze
Number: 417

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

Category:
Männer 40 bis 49 Jahre

Total time: 50:21

Speed: 11.20 km/h
Running performance: 5:22 min/km

Rank in course/Total: 162 (of 373)

Rank in course/Men: 144 (of 286)

Best time in course: 31:07

Rank in category: 49(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	11:57	5:25	65	4:47	184	4:55	2.20	11:57	5:25	65	4:47	184	4:55
Rundenzeit	1.80	9:18	5:10	52	2:57	152	3:20	4.00	21:15	5:18	62	7:44	175	8:15
Rundenzeit	1.80	9:39	5:21	52	3:10	152	3:31	5.80	30:54	5:19	60	10:54	169	11:43
Rundenzeit	1.80	9:46	5:25	53	3:08	153	3:43	7.60	40:40	5:21	56	14:02	163	15:26
Finish	1.80	9:41	5:22	46	3:09	139	9:32	9.40	50:21	5:21	51	17:11	148	19:14