



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

Detailed evaluation

Graffweg, Philipp

Club: Duisburg
Number: 99

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

Category:
Junioren 16 bis 19 Jahre

Total time: 50:23
Speed: 10.72 km/h
Running performance: 5:22 min/km
Rank in course/Total: 163 (of 373)
Rank in course/Men: 145 (of 286)
Best time in course: 31:07
Rank in category: 5(of 9)
Best time in the category: 34:49

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	12:03	5:28	8	4:23	191	5:01	2.20	12:03	5:28	8	4:23	191	5:01
Rundenzeit	1.80	9:37	5:20	6	3:04	176	3:39	4.00	21:40	5:25	6	7:27	183	8:40
Rundenzeit	1.80	9:47	5:26	6	2:56	162	3:39	5.80	31:27	5:25	6	10:23	178	12:16
Rundenzeit	1.80	9:54	5:30	6	3:06	157	3:51	7.60	41:21	5:26	6	13:29	173	16:07
Finish	1.80	9:02	5:01	5	2:05	97	8:53	9.40	50:23	5:21	5	15:34	149	19:16