



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

Detailed evaluation

Alava-Pons, Angel

Club: Duisburg  
Number: 3

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

Category:  
Männer 40 bis 49 Jahre

Total time: 50:30

Speed: 10.69 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 164 (of 373)

Rank in course/Men: 146 (of 286)

Best time in course: 31:07

Rank in category: 50(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	12:12	5:32	70	5:02	197	5:10	2.20	12:12	5:32	70	5:02	197	5:10
Rundenzeit	1.80	9:35	5:19	62	3:14	174	3:37	4.00	21:47	5:26	66	8:16	185	8:47
Rundenzeit	1.80	9:49	5:27	58	3:20	164	3:41	5.80	31:36	5:26	65	11:36	181	12:25
Rundenzeit	1.80	9:39	5:21	49	3:01	143	3:36	7.60	41:15	5:25	60	14:37	170	16:01
Finish	1.80	9:15	5:08	33	2:43	111	9:06	9.40	50:30	5:22	52	17:20	150	19:23