



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

Detailed evaluation

Haccius, Michael

Club: Wuppertal
Number: 112

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

Category:
Männer 60 bis 69 Jahre

Total time: 50:38

Speed: 10.66 km/h
Running performance: 5:23 min/km

Rank in course/Total: 166 (of 373)

Rank in course/Men: 147 (of 286)

Best time in course: 31:07

Rank in category: 5(of 20)

Best time in the category: 38:39

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	12:21	5:36	9	3:52	207	5:19	2.20	12:21	5:36	9	3:52	207	5:19
Rundenzeit	1.80	9:27	5:14	5	2:04	169	3:29	4.00	21:48	5:27	7	5:56	186	8:48
Rundenzeit	1.80	9:39	5:21	5	2:04	152	3:31	5.80	31:27	5:25	7	8:00	178	12:16
Rundenzeit	1.80	9:30	5:16	5	1:49	125	3:27	7.60	40:57	5:23	5	9:49	165	15:43
Finish	1.80	9:41	5:22	6	9:28	139	9:32	9.40	50:38	5:23	6	11:59	151	19:31