



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

Detailed evaluation

Röthling, Klaus

Club: VfL 28 Ellrich
Number: 299

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

Category:
Männer 60 bis 69 Jahre

Total time: 50:48

Speed: 10.63 km/h
Running performance: 5:24 min/km

Rank in course/Total: 169 (of 373)

Rank in course/Men: 149 (of 286)

Best time in course: 31:07

Rank in category: 6(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	10:54	4:57	4	2:25	135	3:52	2.20	10:54	4:57	4	2:25	135	3:52
Rundenzeit	1.80	9:47	5:26	6	2:24	190	3:49	4.00	20:41	5:10	5	4:49	162	7:41
Rundenzeit	1.80	10:03	5:35	6	2:28	174	3:55	5.80	30:44	5:17	5	7:17	167	11:33
Rundenzeit	1.80	10:21	5:45	7	2:40	181	4:18	7.60	41:05	5:24	6	9:57	167	15:51
Finish	1.80	9:43	5:23	7	9:30	146	9:34	9.40	50:48	5:24	7	12:09	153	19:41