



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

Detailed evaluation

Rückebeil, Martin

Club: FiFi GÖ & Friends
Number: 300

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

Category:
Männer 40 bis 49 Jahre

Total time: 51:11

Speed: 11.02 km/h
Running performance: 5:27 min/km

Rank in course/Total: 173 (of 373)

Rank in course/Men: 153 (of 286)

Best time in course: 31:07

Rank in category: 53(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	10:55	4:57	49	3:45	139	3:53	2.20	10:55	4:57	49	3:45	139	3:53
Rundenzeit	1.80	9:40	5:22	65	3:19	180	3:42	4.00	20:35	5:08	56	7:04	156	7:35
Rundenzeit	1.80	10:07	5:37	67	3:38	182	3:59	5.80	30:42	5:17	57	10:42	165	11:31
Rundenzeit	1.80	10:43	5:57	72	4:05	200	4:40	7.60	41:25	5:26	63	14:47	174	16:11
Finish	1.80	9:46	5:25	52	3:14	150	9:37	9.40	51:11	5:26	55	18:01	157	20:04