



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

Detailed evaluation

Schade, Andreas

Club: Eaton Germany GmbH
Number: 305

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

Category:
Männer 40 bis 49 Jahre

Total time: 42:26

Speed: 12.73 km/h
Running performance: 4:31 min/km

Rank in course/Total: 58 (of 373)

Rank in course/Men: 56 (of 286)

Best time in course: 31:07

Rank in category: 17(of 91)

Best time in the category: 33:10

Control	Intermediate times						Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	8:38	3:55	9	1:28	40	1:36	2.20	8:38	3:55	9	1:28	40	1:36
Rundenzeit	1.80	7:40	4:15	13	1:19	46	1:42	4.00	16:18	4:04	10	2:47	43	3:18
Rundenzeit	1.80	8:17	4:36	18	1:48	59	2:09	5.80	24:35	4:14	11	4:35	46	5:24
Rundenzeit	1.80	8:52	4:55	31	2:14	88	2:49	7.60	33:27	4:24	17	6:49	55	8:13
Finish	1.80	8:59	4:59	26	2:27	96	8:50	9.40	42:26	4:30	19	9:16	59	11:19