



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

Detailed evaluation

Mühlich, Sigo

Club: FiFi GÖ & Friends
Number: 243

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

Category:
Männer 30 bis 39 Jahre

Total time: 51:18

Speed: 10.99 km/h
Running performance: 5:28 min/km

Rank in course/Total: 175 (of 373)

Rank in course/Men: 155 (of 286)

Best time in course: 31:07

Rank in category: 37(of 57)

Best time in the category: 31:07

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	10:19	4:41	32	3:17	109	3:17	2.20	10:19	4:41	32	3:17	109	3:17
Rundenzeit	1.80	9:30	5:16	40	3:32	173	3:32	4.00	19:49	4:57	37	6:49	132	6:49
Rundenzeit	1.80	10:07	5:37	40	3:59	182	3:59	5.80	29:56	5:09	39	10:45	148	10:45
Rundenzeit	1.80	10:33	5:51	41	4:30	191	4:30	7.60	40:29	5:19	39	15:15	162	15:15
Finish	1.80	10:49	6:00	43	4:58	192	10:40	9.40	51:18	5:27	37	20:11	159	20:11