



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Westhäuser, Horst

Club: SV-EK Veilsdorf
Number: 407

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

Category:
Männer 50 bis 59 Jahre

Total time: 36:46

Speed: 14.69 km/h
Running performance: 3:55 min/km

Rank in course/Total: 17 (of 373)

Rank in course/Men: 17 (of 286)

Best time in course: 31:07

Rank in category: 2(of 80)

Best time in the category: 36:02

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	8:20	3:47	2	0:31	25	1:18	2.20	8:20	3:47	2	0:31	25	1:18
Rundenzeit	1.80	7:04	3:55	2	0:13	18	1:06	4.00	15:24	3:51	2	0:44	21	2:24
Rundenzeit	1.80	7:09	3:58	2	0:04	14	1:01	5.80	22:33	3:53	2	0:48	18	3:22
Rundenzeit	1.80	7:07	3:57	1	-	12	1:04	7.60	29:40	3:54	2	0:39	16	4:26
Finish	1.80	7:06	3:56	4	6:57	18	6:57	9.40	36:46	3:54	2	0:44	17	5:39