



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Seegers, Sven

Club: Fahrschule Deinlappen.de
Number: 352

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

Category:
Männer 40 bis 49 Jahre

Total time: 51:17

Speed: 10.53 km/h
Running performance: 5:28 min/km

Rank in course/Total: 174 (of 373)

Rank in course/Men: 154 (of 286)

Best time in course: 31:07

Rank in category: 54(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	11:15	5:06	57	4:05	159	4:13	2.20	11:15	5:06	57	4:05	159	4:13
Rundenzeit	1.80	9:24	5:13	58	3:03	166	3:26	4.00	20:39	5:09	57	7:08	161	7:39
Rundenzeit	1.80	10:06	5:36	66	3:37	180	3:58	5.80	30:45	5:18	59	10:45	168	11:34
Rundenzeit	1.80	10:19	5:43	63	3:41	178	4:16	7.60	41:04	5:24	58	14:26	166	15:50
Finish	1.80	10:13	5:40	58	3:41	169	10:04	9.40	51:17	5:27	56	18:07	158	20:10