



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

Detailed evaluation

Kürzinger, Holger

Club: laufline Göttingen
Number: 199

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

Category:
Männer 40 bis 49 Jahre

Total time: 51:19

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

Rank in course/Total: 176 (of 373)

Rank in course/Men: 156 (of 286)

Best time in course: 31:07

Rank in category: 55(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	11:06	5:02	53	3:56	149	4:04	2.20	11:06	5:02	53	3:56	149	4:04
Rundenzeit	1.80	9:27	5:14	60	3:06	169	3:29	4.00	20:33	5:08	55	7:02	155	7:33
Rundenzeit	1.80	10:04	5:35	63	3:35	176	3:56	5.80	30:37	5:16	55	10:37	162	11:26
Rundenzeit	1.80	10:35	5:52	69	3:57	196	4:32	7.60	41:12	5:25	59	14:34	169	15:58
Finish	1.80	10:07	5:37	57	3:35	164	9:58	9.40	51:19	5:27	57	18:09	160	20:12