



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

Detailed evaluation

Lühring, Ralf

Club: MTV Müden/Örtze  
Number: 219

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

Category:  
Männer 40 bis 49 Jahre

Total time: 51:21

Speed: 10.52 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 178 (of 373)

Rank in course/Men: 158 (of 286)

Best time in course: 31:07

Rank in category: 57(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	11:57	5:25	65	4:47	184	4:55	2.20	11:57	5:25	65	4:47	184	4:55
Rundenzeit	1.80	9:18	5:10	52	2:57	152	3:20	4.00	21:15	5:18	62	7:44	175	8:15
Rundenzeit	1.80	9:39	5:21	52	3:10	152	3:31	5.80	30:54	5:19	60	10:54	169	11:43
Rundenzeit	1.80	9:48	5:26	54	3:10	154	3:45	7.60	40:42	5:21	57	14:04	164	15:28
Finish	1.80	10:39	5:55	65	4:07	187	10:30	9.40	51:21	5:27	59	18:11	162	20:14