



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

Detailed evaluation

Obstoy, Gerald

Club: Clean Power 24
Number: 261

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

Category:
Männer 50 bis 59 Jahre

Total time: 51:40

Speed: 10.45 km/h
Running performance: 5:30 min/km

Rank in course/Total: 183 (of 373)

Rank in course/Men: 160 (of 286)

Best time in course: 31:07

Rank in category: 36(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	11:44	5:19	43	3:55	180	4:42	2.20	11:44	5:19	43	3:55	180	4:42
Rundenzeit	1.80	9:36	5:19	42	2:45	175	3:38	4.00	21:20	5:19	44	6:40	177	8:20
Rundenzeit	1.80	10:04	5:35	45	2:59	176	3:56	5.80	31:24	5:24	42	9:39	176	12:13
Rundenzeit	1.80	10:03	5:35	42	2:56	164	4:00	7.60	41:27	5:27	42	12:26	175	16:13
Finish	1.80	10:13	5:40	42	10:04	169	10:04	9.40	51:40	5:29	36	15:38	164	20:33