



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

Detailed evaluation

Smeets, Georg

Club: Marathon Dinslaken  
Number: 357

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

Category:  
Männer 40 bis 49 Jahre

Total time: 51:34

Speed: 10.47 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 182 (of 373)

Rank in course/Men: 159 (of 286)

Best time in course: 31:07

Rank in category: 58(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	12:52	5:50	80	5:42	229	5:50	2.20	12:52	5:50	80	5:42	229	5:50
Rundenzeit	1.80	9:56	5:31	74	3:35	198	3:58	4.00	22:48	5:42	77	9:17	214	9:48
Rundenzeit	1.80	9:42	5:23	56	3:13	158	3:34	5.80	32:30	5:36	70	12:30	195	13:19
Rundenzeit	1.80	9:35	5:19	44	2:57	133	3:32	7.60	42:05	5:32	64	15:27	181	16:51
Finish	1.80	9:29	5:16	40	2:57	128	9:20	9.40	51:34	5:29	60	18:24	163	20:27