



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

Detailed evaluation

Bauer, Matthias

Club: VfL Wampenhäusen
Number: 14

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

Category:
Männer 30 bis 39 Jahre

Total time: 51:50

Speed: 10.42 km/h
Running performance: 5:31 min/km

Rank in course/Total: 187 (of 373)

Rank in course/Men: 162 (of 286)

Best time in course: 31:07

Rank in category: 39(of 57)

Best time in the category: 31:07

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	13:00	5:54	49	5:58	236	5:58	2.20	13:00	5:54	49	5:58	236	5:58
Rundenzeit	1.80	10:31	5:50	49	4:33	225	4:33	4.00	23:31	5:52	50	10:31	237	10:31
Rundenzeit	1.80	11:28	6:22	52	5:20	250	5:20	5.80	34:59	6:01	52	15:48	242	15:48
Rundenzeit	1.80	8:26	4:41	19	2:23	58	2:23	7.60	43:25	5:42	43	18:11	195	18:11
Finish	1.80	8:25	4:40	27	2:34	72	8:16	9.40	51:50	5:30	39	20:43	166	20:43