



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

Detailed evaluation

Schmitz, Holger

Club: TRIMONES - Inden Altdorf  
Number: 328

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

Category:  
Männer 40 bis 49 Jahre

Total time: 51:52

Speed: 10.41 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 188 (of 373)

Rank in course/Men: 163 (of 286)

Best time in course: 31:07

Rank in category: 59(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	12:55	5:52	82	5:45	232	5:53	2.20	12:55	5:52	82	5:45	232	5:53
Rundenzeit	1.80	9:43	5:23	70	3:22	186	3:45	4.00	22:38	5:39	75	9:07	210	9:38
Rundenzeit	1.80	9:56	5:31	62	3:27	169	3:48	5.80	32:34	5:36	72	12:34	198	13:23
Rundenzeit	1.80	9:49	5:27	55	3:11	155	3:46	7.60	42:23	5:34	67	15:45	185	17:09
Finish	1.80	9:29	5:16	40	2:57	128	9:20	9.40	51:52	5:31	61	18:42	167	20:45