



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

Detailed evaluation

Bretag, Detlef

Club: Laufgruppe Schlaubetal
Number: 51

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

Category:
Männer 40 bis 49 Jahre

Total time: 51:53

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

Rank in course/Total: 189 (of 373)

Rank in course/Men: 164 (of 286)

Best time in course: 31:07

Rank in category: 60(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	12:49	5:49	79	5:39	227	5:47	2.20	12:49	5:49	79	5:39	227	5:47
Rundenzeit	1.80	9:42	5:23	67	3:21	183	3:44	4.00	22:31	5:37	74	9:00	206	9:31
Rundenzeit	1.80	9:46	5:25	57	3:17	161	3:38	5.80	32:17	5:33	68	12:17	191	13:06
Rundenzeit	1.80	9:55	5:30	56	3:17	158	3:52	7.60	42:12	5:33	66	15:34	183	16:58
Finish	1.80	9:41	5:22	46	3:09	139	9:32	9.40	51:53	5:31	62	18:43	168	20:46