



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

Detailed evaluation

Holtmann, Jörg

Club: Grubenwehr Bergwerk Ost
Number: 139

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

Category:
Männer 50 bis 59 Jahre

Total time: 51:55

Speed: 10.86 km/h
Running performance: 5:31 min/km

Rank in course/Total: 191 (of 373)

Rank in course/Men: 165 (of 286)

Best time in course: 31:07

Rank in category: 37(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	11:51	5:23	44	4:02	183	4:49	2.20	11:51	5:23	44	4:02	183	4:49
Rundenzeit	1.80	10:03	5:35	48	3:12	203	4:05	4.00	21:54	5:28	46	7:14	189	8:54
Rundenzeit	1.80	10:01	5:33	43	2:56	173	3:53	5.80	31:55	5:30	44	10:10	184	12:44
Rundenzeit	1.80	9:56	5:31	40	2:49	159	3:53	7.60	41:51	5:30	43	12:50	179	16:37
Finish	1.80	10:04	5:35	39	9:55	160	9:55	9.40	51:55	5:31	37	15:53	169	20:48