



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

Detailed evaluation

Schönfeld, Norbert

Club: Hanau
Number: 336

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

Category:
Männer 60 bis 69 Jahre

Total time: 52:06

Speed: 10.83 km/h
Running performance: 5:32 min/km

Rank in course/Total: 194 (of 373)

Rank in course/Men: 167 (of 286)

Best time in course: 31:07

Rank in category: 7(of 20)

Best time in the category: 38:39

| 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 | 10:58 | 4:59 | 6 | 2:29 | 144 | 3:56 | 2.20 | 10:58 | 4:59 | 6 | 2:29 | 144 | 3:56 |
| Rundenzeit | 1.80 | 10:03 | 5:35 | 8 | 2:40 | 203 | 4:05 | 4.00 | 21:01 | 5:15 | 6 | 5:09 | 171 | 8:01 |
| Rundenzeit | 1.80 | 10:13 | 5:40 | 7 | 2:38 | 187 | 4:05 | 5.80 | 31:14 | 5:23 | 6 | 7:47 | 175 | 12:03 |
| Rundenzeit | 1.80 | 10:18 | 5:43 | 6 | 2:37 | 176 | 4:15 | 7.60 | 41:32 | 5:27 | 7 | 10:24 | 176 | 16:18 |
| Finish | 1.80 | 10:34 | 5:52 | 10 | 10:21 | 183 | 10:25 | 9.40 | 52:06 | 5:32 | 8 | 13:27 | 171 | 20:59 |