



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: 10.36 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