



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

Detailed evaluation

Ryba, Benjamin

Club: Dresden/Greiz
Number: 301

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

Category:
Männer 20 bis 29 Jahre

Total time: 52:06

Speed: 10.36 km/h
Running performance: 5:32 min/km

Rank in course/Total: 195 (of 373)

Rank in course/Men: 167 (of 286)

Best time in course: 31:07

Rank in category: 17(of 22)

Best time in the category: 33:09

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	11:34	5:15	17	4:25	174	4:32	2.20	11:34	5:15	17	4:25	174	4:32
Rundenzeit	1.80	9:20	5:11	16	3:01	160	3:22	4.00	20:54	5:13	17	7:24	167	7:54
Rundenzeit	1.80	10:18	5:43	17	3:50	192	4:10	5.80	31:12	5:22	17	11:14	174	12:01
Rundenzeit	1.80	10:34	5:52	18	3:56	194	4:31	7.60	41:46	5:29	17	15:10	178	16:32
Finish	1.80	10:20	5:44	17	3:47	173	10:11	9.40	52:06	5:32	17	18:57	171	20:59