



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

Detailed evaluation

Miehle, Mario

Club: SV Eintracht Leipzig-Süd
Number: 237

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

Category:
Männer 50 bis 59 Jahre

Total time: 52:25

Speed: 10.30 km/h
Running performance: 5:35 min/km

Rank in course/Total: 198 (of 373)

Rank in course/Men: 171 (of 286)

Best time in course: 31:07

Rank in category: 40(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	12:49	5:49	56	5:00	227	5:47	2.20	12:49	5:49	56	5:00	227	5:47
Rundenzeit	1.80	9:47	5:26	44	2:56	190	3:49	4.00	22:36	5:39	50	7:56	209	9:36
Rundenzeit	1.80	9:56	5:31	42	2:51	169	3:48	5.80	32:32	5:36	47	10:47	197	13:21
Rundenzeit	1.80	10:07	5:37	44	3:00	169	4:04	7.60	42:39	5:36	46	13:38	189	17:25
Finish	1.80	9:46	5:25	35	9:37	150	9:37	9.40	52:25	5:34	40	16:23	175	21:18