



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

Detailed evaluation

Stelzer, Ralf

Club: Groß-Zimmern
Number: 368

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

Category:
Männer 50 bis 59 Jahre

Total time: 52:28

Speed: 10.29 km/h
Running performance: 5:35 min/km

Rank in course/Total: 199 (of 373)

Rank in course/Men: 172 (of 286)

Best time in course: 31:07

Rank in category: 41(of 80)

Best time in the category: 36:02

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	11:34	5:15	41	3:45	174	4:32	2.20	11:34	5:15	41	3:45	174	4:32
Rundenzeit	1.80	9:39	5:21	43	2:48	177	3:41	4.00	21:13	5:18	43	6:33	174	8:13
Rundenzeit	1.80	10:11	5:39	47	3:06	186	4:03	5.80	31:24	5:24	42	9:39	176	12:13
Rundenzeit	1.80	10:33	5:51	48	3:26	191	4:30	7.60	41:57	5:31	44	12:56	180	16:43
Finish	1.80	10:31	5:50	43	10:22	177	10:22	9.40	52:28	5:34	41	16:26	176	21:21