



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

Detailed evaluation

Schulze, Stefan

Club: Bundeswehr Braunschweig
Number: 345

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

Category:
Männer 40 bis 49 Jahre

Total time: 52:30

Speed: 10.74 km/h
Running performance: 5:35 min/km

Rank in course/Total: 200 (of 373)

Rank in course/Men: 173 (of 286)

Best time in course: 31:07

Rank in category: 61(of 91)

Best time in the category: 33:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Rundenzeit	2.20	11:41	5:18	62	179	4:31	4:39	2.20	11:41	5:18	62	179	4:31	4:39
Rundenzeit	1.80	9:45	5:25	71	187	3:24	3:47	4.00	21:26	5:21	65	180	7:55	8:26
Rundenzeit	1.80	10:16	5:42	70	191	3:47	4:08	5.80	31:42	5:27	67	183	11:42	12:31
Rundenzeit	1.80	10:29	5:49	67	187	3:51	4:26	7.60	42:11	5:33	65	182	15:33	16:57
Finish	1.80	10:19	5:43	59	172	3:47	10:10	9.40	52:30	5:35	63	177	19:20	21:23