



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: 10.29 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

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