



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Kree, Michael

Club: Grubenwehr Bergwerk Ost
Number: 183

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

Category:
Männer 50 bis 59 Jahre

Total time: 52:31

Speed: 10.28 km/h
Running performance: 5:35 min/km

Rank in course/Total: 201 (of 373)

Rank in course/Men: 174 (of 286)

Best time in course: 31:07

Rank in category: 42(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	12:23	5:37	49	4:34	209	5:21	2.20	12:23	5:37	49	4:34	209	5:21
Rundenzeit	1.80	10:08	5:37	52	3:17	209	4:10	4.00	22:31	5:37	48	7:51	206	9:31
Rundenzeit	1.80	10:03	5:35	44	2:58	174	3:55	5.80	32:34	5:36	48	10:49	198	13:23
Rundenzeit	1.80	9:50	5:27	39	2:43	156	3:47	7.60	42:24	5:34	45	13:23	186	17:10
Finish	1.80	10:07	5:37	40	9:58	164	9:58	9.40	52:31	5:35	42	16:29	178	21:24