



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

Detailed evaluation

Helming, Volker

Club: Mücheln  
Number: 129

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

Category:  
Männer 50 bis 59 Jahre

Total time: 52:33

Speed: 10.73 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 203 (of 373)

Rank in course/Men: 175 (of 286)

Best time in course: 31:07

Rank in category: 43(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	12:39	5:45	54	4:50	220	5:37	2.20	12:39	5:45	54	4:50	220	5:37
Rundenzeit	1.80	9:56	5:31	47	3:05	198	3:58	4.00	22:35	5:38	49	7:55	208	9:35
Rundenzeit	1.80	10:06	5:36	46	3:01	180	3:58	5.80	32:41	5:38	49	10:56	200	13:30
Rundenzeit	1.80	10:03	5:35	42	2:56	164	4:00	7.60	42:44	5:37	47	13:43	190	17:30
Finish	1.80	9:49	5:27	36	9:40	154	9:40	9.40	52:33	5:35	43	16:31	179	21:26