



# 18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

## Detailed evaluation

Höhn, Oliver

Club: Running Bros Coburg  
Number: 138

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

Category:  
Männer 40 bis 49 Jahre

Total time: 52:55

Speed: 10.20 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 205 (of 373)

Rank in course/Men: 177 (of 286)

Best time in course: 31:07

Rank in category: 62(of 91)

Best time in the category: 33:10

### Intermediate times

### Stage score

### Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Rundenzeit | 2.20        | 10:48         | 4:54            | 44          | 3:38           | 125         | 3:46          | 2.20          | 10:48         | 4:54            | 44          | 3:38           | 125        | 3:46          |
| Rundenzeit | 1.80        | 8:39          | 4:48            | 33          | 2:18           | 106         | 2:41          | 4.00          | 19:27         | 4:51            | 39          | 5:56           | 118        | 6:27          |
| Rundenzeit | 1.80        | 9:13          | 5:07            | 39          | 2:44           | 123         | 3:05          | 5.80          | 28:40         | 4:56            | 38          | 8:40           | 119        | 9:29          |
| Rundenzeit | 1.80        | 8:13          | 4:33            | 15          | 1:35           | 49          | 2:10          | 7.60          | 36:53         | 4:51            | 32          | 10:15          | 102        | 11:39         |
| Finish     | 1.80        | 16:02         | 8:54            | 80          | 9:30           | 256         | 15:53         | 9.40          | 52:55         | 5:37            | 64          | 19:45          | 181        | 21:48         |