



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: 10.66 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 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	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