



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

Detailed evaluation

Rothe, Marcel

Club: Oschatz
Number: 298

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

Category:
Männer 30 bis 39 Jahre

Total time: 53:26

Speed: 10.11 km/h
Running performance: 5:41 min/km

Rank in course/Total: 209 (of 373)

Rank in course/Men: 178 (of 286)

Best time in course: 31:07

Rank in category: 40(of 57)

Best time in the category: 31:07

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	11:14	5:06	39	4:12	157	4:12	2.20	11:14	5:06	39	4:12	157	4:12
Rundenzeit	1.80	10:26	5:47	48	4:28	222	4:28	4.00	21:40	5:25	41	8:40	183	8:40
Rundenzeit	1.80	10:23	5:46	42	4:15	195	4:15	5.80	32:03	5:31	41	12:52	186	12:52
Rundenzeit	1.80	10:46	5:58	43	4:43	202	4:43	7.60	42:49	5:38	41	17:35	191	17:35
Finish	1.80	10:37	5:53	42	4:46	184	10:28	9.40	53:26	5:41	40	22:19	182	22:19