



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

Detailed evaluation

Lühring, Sven

Club: MTV Müden/Örtze  
Number: 220

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

Category:  
Männer 30 bis 39 Jahre

Total time: 45:06

Speed: 11.97 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 88 (of 373)

Rank in course/Men: 84 (of 286)

Best time in course: 31:07

Rank in category: 27(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	10:29	4:45	34	3:27	115	3:27	2.20	10:29	4:45	34	3:27	115	3:27
Rundenzeit	1.80	8:15	4:34	26	2:17	75	2:17	4.00	18:44	4:41	32	5:44	95	5:44
Rundenzeit	1.80	8:30	4:43	25	2:22	73	2:22	5.80	27:14	4:41	30	8:03	89	8:03
Rundenzeit	1.80	8:56	4:57	31	2:53	95	2:53	7.60	36:10	4:45	28	10:56	89	10:56
Finish	1.80	8:56	4:57	31	3:05	91	8:47	9.40	45:06	4:47	27	13:59	87	13:59