



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

Detailed evaluation

Liebermann, Rainer

Club: Die Unglaublichen
Number: 205

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

Category:
Männer 50 bis 59 Jahre

Total time: 53:44

Speed: 10.05 km/h
Running performance: 5:43 min/km

Rank in course/Total: 210 (of 373)

Rank in course/Men: 179 (of 286)

Best time in course: 31:07

Rank in category: 44(of 80)

Best time in the category: 36:02

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	12:27	5:39	50	4:38	210	5:25	2.20	12:27	5:39	50	4:38	210	5:25
Rundenzeit	1.80	10:20	5:44	55	3:29	219	4:22	4.00	22:47	5:41	52	8:07	213	9:47
Rundenzeit	1.80	10:28	5:48	50	3:23	202	4:20	5.80	33:15	5:43	51	11:30	210	14:04
Rundenzeit	1.80	10:19	5:43	45	3:12	178	4:16	7.60	43:34	5:43	48	14:33	199	18:20
Finish	1.80	10:10	5:38	41	10:01	167	10:01	9.40	53:44	5:42	44	17:42	183	22:37