



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

Detailed evaluation

kerl, jochen

Club: hettstedt
Number: 162

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

Category:
Männer 50 bis 59 Jahre

Total time: 53:45

Speed: 10.49 km/h
Running performance: 5:43 min/km

Rank in course/Total: 212 (of 373)

Rank in course/Men: 180 (of 286)

Best time in course: 31:07

Rank in category: 45(of 80)

Best time in the category: 36:02

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	10:00	4:32	16	2:11	88	2:58	2.20	10:00	4:32	16	2:11	88	2:58
Rundenzeit	1.80	8:17	4:36	10	1:26	78	2:19	4.00	18:17	4:34	13	3:37	86	5:17
Rundenzeit	1.80	8:38	4:47	12	1:33	84	2:30	5.80	26:55	4:38	12	5:10	81	7:44
Rundenzeit	1.80	8:52	4:55	13	1:45	88	2:49	7.60	35:47	4:42	12	6:46	82	10:33
Finish	1.80	17:58	9:58	75	17:49	264	17:49	9.40	53:45	5:43	45	17:43	184	22:38