



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

Detailed evaluation

Schäfer, Heiko

Club: Gotha
Number: 306

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

Category:
Männer 40 bis 49 Jahre

Total time: 53:56
Speed: 10.46 km/h
Running performance: 5:44 min/km
Rank in course/Total: 214 (of 373)
Rank in course/Men: 182 (of 286)
Best time in course: 31:07
Rank in category: 63(of 91)
Best time in the category: 33:10

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	12:12	5:32	70	5:02	197	5:10	2.20	12:12	5:32	70	5:02	197	5:10
Rundenzeit	1.80	9:48	5:26	72	3:27	195	3:50	4.00	22:00	5:30	68	8:29	193	9:00
Rundenzeit	1.80	10:30	5:49	74	4:01	204	4:22	5.80	32:30	5:36	70	12:30	195	13:19
Rundenzeit	1.80	10:53	6:02	74	4:15	211	4:50	7.60	43:23	5:42	69	16:45	194	18:09
Finish	1.80	10:33	5:51	63	4:01	179	10:24	9.40	53:56	5:44	65	20:46	186	22:49