



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

Detailed evaluation

Warth, Christian

Club: Weitramsdorf
Number: 398

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

Category:
Männer 30 bis 39 Jahre

Total time: 54:00

Speed: 10.44 km/h
Running performance: 5:44 min/km

Rank in course/Total: 215 (of 373)

Rank in course/Men: 183 (of 286)

Best time in course: 31:07

Rank in category: 42(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	12:21	5:36	47	5:19	207	5:19	2.20	12:21	5:36	47	5:19	207	5:19
Rundenzeit	1.80	9:45	5:25	42	3:47	187	3:47	4.00	22:06	5:31	45	9:06	198	9:06
Rundenzeit	1.80	11:02	6:07	49	4:54	229	4:54	5.80	33:08	5:42	45	13:57	207	13:57
Rundenzeit	1.80	10:43	5:57	42	4:40	200	4:40	7.60	43:51	5:46	45	18:37	202	18:37
Finish	1.80	10:09	5:38	40	4:18	166	10:00	9.40	54:00	5:44	42	22:53	187	22:53