



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

Detailed evaluation

Seidenberg, Rene

Club: Lauftreff Keyenberg
Number: 353

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

Category:
Männer 30 bis 39 Jahre

Total time: 37:44

Speed: 14.31 km/h
Running performance: 4:01 min/km

Rank in course/Total: 21 (of 373)

Rank in course/Men: 21 (of 286)

Best time in course: 31:07

Rank in category: 11(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	7:56	3:36	9	0:54	16	0:54	2.20	7:56	3:36	9	0:54	16	0:54
Rundenzeit	1.80	7:24	4:06	14	1:26	31	1:26	4.00	15:20	3:50	9	2:20	18	2:20
Rundenzeit	1.80	7:37	4:13	13	1:29	29	1:29	5.80	22:57	3:57	10	3:46	20	3:46
Rundenzeit	1.80	7:29	4:09	11	1:26	22	1:26	7.60	30:26	4:00	11	5:12	21	5:12
Finish	1.80	7:18	4:03	10	1:27	22	7:09	9.40	37:44	4:00	11	6:37	21	6:37