



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

Detailed evaluation

Hilmer, Martin

Club: FiFi GÖ & Friends
Number: 135

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:14

Speed: 10.40 km/h
Running performance: 5:46 min/km

Rank in course/Total: 217 (of 373)

Rank in course/Men: 185 (of 286)

Best time in course: 31:07

Rank in category: 65(of 91)

Best time in the category: 33:10

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	10:05	4:34	29	2:55	94	3:03	2.20	10:05	4:34	29	2:55	94	3:03
Rundenzeit	1.80	8:12	4:33	26	1:51	73	2:14	4.00	18:17	4:34	27	4:46	86	5:17
Rundenzeit	1.80	8:41	4:49	29	2:12	86	2:33	5.80	26:58	4:38	27	6:58	82	7:47
Rundenzeit	1.80	9:02	5:01	35	2:24	105	2:59	7.60	36:00	4:44	28	9:22	86	10:46
Finish	1.80	18:14	10:07	84	11:42	265	18:05	9.40	54:14	5:46	67	21:04	189	23:07