



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

Detailed evaluation

Schölzel, Daniel

Club: VfB Salzkotten
Number: 332

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:10

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 216 (of 373)

Rank in course/Men: 184 (of 286)

Best time in course: 31:07

Rank in category: 64(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Rundenzeit	2.20	10:46	4:53	43	3:36	124	3:44	2.20	10:46	4:53	43	3:36	124	3:44			
Rundenzeit	1.80	9:23	5:12	57	3:02	165	3:25	4.00	20:09	5:02	47	6:38	140	7:09			
Rundenzeit	1.80	10:32	5:51	75	4:03	205	4:24	5.80	30:41	5:17	56	10:41	163	11:30			
Rundenzeit	1.80	11:45	6:31	81	5:07	246	5:42	7.60	42:26	5:34	68	15:48	187	17:12			
Finish	1.80	11:44	6:31	73	5:12	226	11:35	9.40	54:10	5:45	66	21:00	188	23:03			