



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

Detailed evaluation

Gebert, Ralph

Club: TSV Lippoldsberg
Number: 86

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:18

Speed: 9.94 km/h
Running performance: 5:47 min/km

Rank in course/Total: 221 (of 373)

Rank in course/Men: 188 (of 286)

Best time in course: 31:07

Rank in category: 67(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	12:52	5:50	80	5:42	229	5:50	2.20	12:52	5:50	80	5:42	229	5:50
Rundenzeit	1.80	9:52	5:28	73	3:31	196	3:54	4.00	22:44	5:41	76	9:13	211	9:44
Rundenzeit	1.80	10:15	5:41	69	3:46	190	4:07	5.80	32:59	5:41	75	12:59	204	13:48
Rundenzeit	1.80	10:41	5:56	71	4:03	199	4:38	7.60	43:40	5:44	72	17:02	200	18:26
Finish	1.80	10:38	5:54	64	4:06	186	10:29	9.40	54:18	5:46	69	21:08	192	23:11