



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

Detailed evaluation

Müller, Christian

Club: FiFi GÖ & Friends  
Number: 244

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

Category:  
Männer 40 bis 49 Jahre

Total time: 54:23

Speed: 10.37 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 222 (of 373)

Rank in course/Men: 189 (of 286)

Best time in course: 31:07

Rank in category: 68(of 91)

Best time in the category: 33:10

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	9:54	4:30	25	2:44	81	2:52	2.20	9:54	4:30	25	2:44	81	2:52
Rundenzeit	1.80	8:20	4:37	28	1:59	81	2:22	4.00	18:14	4:33	25	4:43	84	5:14
Rundenzeit	1.80	8:45	4:51	30	2:16	89	2:37	5.80	26:59	4:39	28	6:59	83	7:48
Rundenzeit	1.80	9:01	5:00	33	2:23	102	2:58	7.60	36:00	4:44	28	9:22	86	10:46
Finish	1.80	18:23	10:12	85	11:51	266	18:14	9.40	54:23	5:47	70	21:13	193	23:16