



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

Detailed evaluation

Schultz, Alexander

Club: Angström
Number: 342

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

Category:
Männer 30 bis 39 Jahre

Total time: 54:30

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 224 (of 373)

Rank in course/Men: 190 (of 286)

Best time in course: 31:07

Rank in category: 43(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	12:11	5:32	44	5:09	196	5:09	2.20	12:11	5:32	44	5:09	196	5:09
Rundenzeit	1.80	9:46	5:25	43	3:48	189	3:48	4.00	21:57	5:29	42	8:57	191	8:57
Rundenzeit	1.80	10:28	5:48	43	4:20	202	4:20	5.80	32:25	5:35	43	13:14	193	13:14
Rundenzeit	1.80	11:06	6:09	48	5:03	219	5:03	7.60	43:31	5:43	44	18:17	197	18:17
Finish	1.80	10:59	6:06	45	5:08	199	10:50	9.40	54:30	5:47	43	23:23	194	23:23