



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

Detailed evaluation

Schmidt, Bernd

Club: Geschwenda
Number: 322

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

Category:
Männer 50 bis 59 Jahre

Total time: 38:05

Speed: 14.18 km/h
Running performance: 4:03 min/km

Rank in course/Total: 22 (of 373)

Rank in course/Men: 22 (of 286)

Best time in course: 31:07

Rank in category: 3(of 80)

Best time in the category: 36:02

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	8:23	3:48	5	0:34	28	1:21	2.20	8:23	3:48	5	0:34	28	1:21
Rundenzeit	1.80	7:23	4:06	4	0:32	26	1:25	4.00	15:46	3:56	5	1:06	29	2:46
Rundenzeit	1.80	7:29	4:09	3	0:24	24	1:21	5.80	23:15	4:00	3	1:30	25	4:04
Rundenzeit	1.80	7:29	4:09	3	0:22	22	1:26	7.60	30:44	4:02	3	1:43	24	5:30
Finish	1.80	7:21	4:04	5	7:12	24	7:12	9.40	38:05	4:03	3	2:03	22	6:58