



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Stefek, Josef

Club: Wolfs Domařlice
Number: 365

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:36

Speed: 10.33 km/h
Running performance: 5:49 min/km

Rank in course/Total: 225 (of 373)

Rank in course/Men: 191 (of 286)

Best time in course: 31:07

Rank in category: 69(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	10:14	4:39	32	3:04	102	3:12	2.20	10:14	4:39	32	3:04	102	3:12
Rundenzeit	1.80	8:46	4:52	36	2:25	116	2:48	4.00	19:00	4:45	32	5:29	103	6:00
Rundenzeit	1.80	9:01	5:00	34	2:32	108	2:53	5.80	28:01	4:49	32	8:01	104	8:50
Rundenzeit	1.80	8:58	4:58	32	2:20	99	2:55	7.60	36:59	4:51	33	10:21	104	11:45
Finish	1.80	17:37	9:47	83	11:05	262	17:28	9.40	54:36	5:48	71	21:26	195	23:29