



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

Detailed evaluation

Pape, André

Club: Rheinbach
Number: 271

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

Category:
Männer 20 bis 29 Jahre

Total time: 54:42

Speed: 9.87 km/h
Running performance: 5:49 min/km

Rank in course/Total: 227 (of 373)

Rank in course/Men: 193 (of 286)

Best time in course: 31:07

Rank in category: 18(of 22)

Best time in the category: 33:09

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	12:13	5:33	18	5:04	200	5:11	2.20	12:13	5:33	18	5:04	200	5:11
Rundenzeit	1.80	10:16	5:42	19	3:57	217	4:18	4.00	22:29	5:37	19	8:59	204	9:29
Rundenzeit	1.80	11:07	6:10	21	4:39	235	4:59	5.80	33:36	5:47	19	13:38	214	14:25
Rundenzeit	1.80	10:52	6:02	19	4:14	209	4:49	7.60	44:28	5:51	20	17:52	216	19:14
Finish	1.80	10:14	5:41	16	3:41	171	10:05	9.40	54:42	5:49	18	21:33	197	23:35