



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

Detailed evaluation

Berghoff, Wilfried

Club: SV Aktiv Bad Westernkotten  
Number: 24

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

Category:  
Männer 60 bis 69 Jahre

Total time: 54:44

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

Rank in course/Total: 228 (of 373)

Rank in course/Men: 194 (of 286)

Best time in course: 31:07

Rank in category: 10(of 20)

Best time in the category: 38:39

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	12:48	5:49	11	4:19	225	5:46	2.20	12:48	5:49	11	4:19	225	5:46
Rundenzeit	1.80	10:19	5:43	10	2:56	218	4:21	4.00	23:07	5:46	10	7:15	223	10:07
Rundenzeit	1.80	10:36	5:53	10	3:01	211	4:28	5.80	33:43	5:48	10	10:16	218	14:32
Rundenzeit	1.80	10:31	5:50	9	2:50	190	4:28	7.60	44:14	5:49	10	13:06	210	19:00
Finish	1.80	10:30	5:49	9	10:17	176	10:21	9.40	54:44	5:49	11	16:05	198	23:37