



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

Detailed evaluation

Beyer, Mark

Club: SV Alemania Riestedt
Number: 29

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:40

Speed: 10.32 km/h
Running performance: 5:49 min/km

Rank in course/Total: 226 (of 373)

Rank in course/Men: 192 (of 286)

Best time in course: 31:07

Rank in category: 70(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.	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	12:28	5:39	73	5:18	211	5:26	2.20	12:28	5:39	73	5:18	211	5:26
Rundenzeit	1.80	10:50	6:01	87	4:29	248	4:52	4.00	23:18	5:49	84	9:47	232	10:18
Rundenzeit	1.80	10:23	5:46	71	3:54	195	4:15	5.80	33:41	5:48	80	13:41	216	14:30
Rundenzeit	1.80	10:28	5:48	66	3:50	185	4:25	7.60	44:09	5:48	75	17:31	207	18:55
Finish	1.80	10:31	5:50	62	3:59	177	10:22	9.40	54:40	5:48	72	21:30	196	23:33