



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

Detailed evaluation

Beyer, Sören

Club: SV Alemania Riestedt
Number: 30

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

Category:
Männer 20 bis 29 Jahre

Total time: 54:48

Speed: 9.85 km/h
Running performance: 5:50 min/km

Rank in course/Total: 230 (of 373)

Rank in course/Men: 195 (of 286)

Best time in course: 31:07

Rank in category: 19(of 22)

Best time in the category: 33:09

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	12:29	5:40	20	5:20	213	5:27	2.20	12:29	5:40	20	5:20	213	5:27
Rundenzeit	1.80	10:49	6:00	22	4:30	246	4:51	4.00	23:18	5:49	21	9:48	232	10:18
Rundenzeit	1.80	10:23	5:46	19	3:55	195	4:15	5.80	33:41	5:48	20	13:43	216	14:30
Rundenzeit	1.80	10:30	5:49	17	3:52	189	4:27	7.60	44:11	5:48	19	17:35	208	18:57
Finish	1.80	10:37	5:53	19	4:04	184	10:28	9.40	54:48	5:49	19	21:39	199	23:41