



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

Detailed evaluation

Goetz, Helmut

Club: sc implus erfurt
Number: 440

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

Category:
Männer 70 bis 79 Jahre

Total time: 55:01

Speed: 9.82 km/h
Running performance: 5:51 min/km

Rank in course/Total: 237 (of 373)

Rank in course/Men: 201 (of 286)

Best time in course: 31:07

Rank in category: 3(of 6)

Best time in the category: 43:41

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	12:42	5:46	5	3:28	224	5:40	2.20	12:42	5:46	5	3:28	224	5:40
Rundenzeit	1.80	10:34	5:52	4	2:19	227	4:36	4.00	23:16	5:48	4	5:47	229	10:16
Rundenzeit	1.80	10:32	5:51	4	2:02	205	4:24	5.80	33:48	5:49	4	7:49	221	14:37
Rundenzeit	1.80	10:40	5:55	4	1:49	198	4:37	7.60	44:28	5:51	4	9:38	216	19:14
Finish	1.80	10:33	5:51	3	1:42	179	10:24	9.40	55:01	5:51	3	11:20	205	23:54