



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

Detailed evaluation

Wagener, Dirk

Club: Grubenwehr Bergwerk Ost
Number: 393

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

Category:
Männer 50 bis 59 Jahre

Total time: 54:57

Speed: 9.83 km/h
Running performance: 5:51 min/km

Rank in course/Total: 233 (of 373)

Rank in course/Men: 197 (of 286)

Best time in course: 31:07

Rank in category: 47(of 80)

Best time in the category: 36:02

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	11:59	5:26	45	4:10	186	4:57	2.20	11:59	5:26	45	4:10	186	4:57
Rundenzeit	1.80	10:07	5:37	50	3:16	206	4:09	4.00	22:06	5:31	47	7:26	198	9:06
Rundenzeit	1.80	10:36	5:53	51	3:31	211	4:28	5.80	32:42	5:38	50	10:57	201	13:31
Rundenzeit	1.80	11:01	6:07	54	3:54	215	4:58	7.60	43:43	5:45	49	14:42	201	18:29
Finish	1.80	11:14	6:14	53	11:05	207	11:05	9.40	54:57	5:50	47	18:55	201	23:50