



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

Detailed evaluation

Schrenker, Klaus

Club: CPC Tri-Team  
Number: 338

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

Category:  
Männer 50 bis 59 Jahre

Total time: 54:58

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

Rank in course/Total: 234 (of 373)

Rank in course/Men: 198 (of 286)

Best time in course: 31:07

Rank in category: 48(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	12:40	5:45	55	4:51	221	5:38	2.20	12:40	5:45	55	4:51	221	5:38
Rundenzeit	1.80	10:06	5:36	49	3:15	205	4:08	4.00	22:46	5:41	51	8:06	212	9:46
Rundenzeit	1.80	10:36	5:53	51	3:31	211	4:28	5.80	33:22	5:45	52	11:37	211	14:11
Rundenzeit	1.80	10:53	6:02	53	3:46	211	4:50	7.60	44:15	5:49	53	15:14	211	19:01
Finish	1.80	10:43	5:57	45	10:34	189	10:34	9.40	54:58	5:50	48	18:56	202	23:51