



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

Detailed evaluation

Dorn, Andreas

Club: Laufgruppe Atemnot
Number: 61

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

Category:
Männer 30 bis 39 Jahre

Total time: 38:07

Speed: 14.17 km/h
Running performance: 4:03 min/km

Rank in course/Total: 23 (of 373)

Rank in course/Men: 23 (of 286)

Best time in course: 31:07

Rank in category: 12(of 57)

Best time in the category: 31:07

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	8:27	3:50	12	1:25	31	1:25	2.20	8:27	3:50	12	1:25	31	1:25
Rundenzeit	1.80	7:12	4:00	11	1:14	21	1:14	4.00	15:39	3:54	12	2:39	24	2:39
Rundenzeit	1.80	7:24	4:06	11	1:16	23	1:16	5.80	23:03	3:58	12	3:52	23	3:52
Rundenzeit	1.80	7:29	4:09	11	1:26	22	1:26	7.60	30:32	4:01	12	5:18	23	5:18
Finish	1.80	7:35	4:12	13	1:44	30	7:26	9.40	38:07	4:03	12	7:00	23	7:00