



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Vierhaus, Detlev

Club: team-4haus
Number: 385

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

Category:
Männer 50 bis 59 Jahre

Total time: 54:56

Speed: 9.83 km/h
Running performance: 5:50 min/km

Rank in course/Total: 232 (of 373)

Rank in course/Men: 196 (of 286)

Best time in course: 31:07

Rank in category: 46(of 80)

Best time in the category: 36:02

Intermediate times

Stage score

Total ranking

Control	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	12:59	5:54	57	5:10	235	5:57	2.20	12:59	5:54	57	5:10	235	5:57
Rundenzeit	1.80	10:15	5:41	54	3:24	215	4:17	4.00	23:14	5:48	55	8:34	226	10:14
Rundenzeit	1.80	10:23	5:46	49	3:18	195	4:15	5.80	33:37	5:47	54	11:52	215	14:26
Rundenzeit	1.80	10:34	5:52	50	3:27	194	4:31	7.60	44:11	5:48	52	15:10	208	18:57
Finish	1.80	10:45	5:58	46	10:36	191	10:36	9.40	54:56	5:50	46	18:54	200	23:49