



# 18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

## Detailed evaluation

Freitag, Henry

Club: OBETA  
Number: 81

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

Category:  
Männer 20 bis 29 Jahre

Total time: 54:59

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

Rank in course/Total: 235 (of 373)

Rank in course/Men: 199 (of 286)

Best time in course: 31:07

Rank in category: 20(of 22)

Best time in the category: 33:09

### 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	11:07	5:03	15	3:58	151	4:05	2.20	11:07	5:03	15	3:58	151	4:05
Rundenzeit	1.80	8:42	4:49	12	2:23	112	2:44	4.00	19:49	4:57	13	6:19	132	6:49
Rundenzeit	1.80	8:46	4:52	10	2:18	92	2:38	5.80	28:35	4:55	12	8:37	115	9:24
Rundenzeit	1.80	8:55	4:57	10	2:17	93	2:52	7.60	37:30	4:56	12	10:54	110	12:16
Finish	1.80	17:29	9:42	22	10:56	261	17:20	9.40	54:59	5:50	20	21:50	203	23:52