



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

Detailed evaluation

Schwanz, Holger

Club: WBR Wartjenstedt
Number: 347

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:59

Speed: 10.26 km/h
Running performance: 5:51 min/km

Rank in course/Total: 236 (of 373)

Rank in course/Men: 199 (of 286)

Best time in course: 31:07

Rank in category: 71(of 91)

Best time in the category: 33:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						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	76	5:30	221	5:38	2.20	12:40	5:45	76	5:30	221	5:38
Rundenzeit	1.80	9:39	5:21	63	3:18	177	3:41	4.00	22:19	5:34	72	8:48	202	9:19
Rundenzeit	1.80	11:10	6:12	83	4:41	237	5:02	5.80	33:29	5:46	79	13:29	213	14:18
Rundenzeit	1.80	10:38	5:54	70	4:00	197	4:35	7.60	44:07	5:48	73	17:29	205	18:53
Finish	1.80	10:52	6:02	67	4:20	195	10:43	9.40	54:59	5:50	73	21:49	203	23:52