



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

Detailed evaluation

Häring, Carsten

Club: Ahorn
Number: 119

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

Category:
Männer 40 bis 49 Jahre

Total time: 55:05

Speed: 9.80 km/h
Running performance: 5:52 min/km

Rank in course/Total: 239 (of 373)

Rank in course/Men: 203 (of 286)

Best time in course: 31:07

Rank in category: 72(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	13:39	6:12	87	6:29	262	6:37	2.20	13:39	6:12	87	6:29	262	6:37
Rundenzeit	1.80	10:48	6:00	86	4:27	244	4:50	4.00	24:27	6:06	87	10:56	256	11:27
Rundenzeit	1.80	11:07	6:10	82	4:38	235	4:59	5.80	35:34	6:07	87	15:34	249	16:23
Rundenzeit	1.80	10:08	5:37	61	3:30	171	4:05	7.60	45:42	6:00	79	19:04	223	20:28
Finish	1.80	9:23	5:12	35	2:51	119	9:14	9.40	55:05	5:51	74	21:55	207	23:58