



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

Detailed evaluation

Heise, Wolfram

Club: Jena
Number: 127

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

Category:
Männer 50 bis 59 Jahre

Total time: 55:01

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

Rank in course/Total: 238 (of 373)

Rank in course/Men: 201 (of 286)

Best time in course: 31:07

Rank in category: 49(of 80)

Best time in the category: 36:02

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	13:21	6:04	62	5:32	249	6:19	2.20	13:21	6:04	62	5:32	249	6:19
Rundenzeit	1.80	9:53	5:29	46	3:02	197	3:55	4.00	23:14	5:48	55	8:34	226	10:14
Rundenzeit	1.80	10:14	5:41	48	3:09	189	4:06	5.80	33:28	5:46	53	11:43	212	14:17
Rundenzeit	1.80	10:33	5:51	48	3:26	191	4:30	7.60	44:01	5:47	51	15:00	204	18:47
Finish	1.80	11:00	6:06	49	10:51	200	10:51	9.40	55:01	5:51	49	18:59	205	23:54