



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

Detailed evaluation

**Bendier, Carsten**

Club: LG Herderweg  
Number: 22

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

Category:  
Männer 40 bis 49 Jahre

Total time: 55:54

Speed: 9.66 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 250 (of 373)

Rank in course/Men: 210 (of 286)

Best time in course: 31:07

Rank in category: 75(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	11:14	5:06	56	4:04	157	4:12	2.20	11:14	5:06	56	4:04	157	4:12
Rundenzeit	1.80	10:08	5:37	78	3:47	209	4:10	4.00	21:22	5:20	64	7:51	178	8:22
Rundenzeit	1.80	11:04	6:08	81	4:35	232	4:56	5.80	32:26	5:35	69	12:26	194	13:15
Rundenzeit	1.80	11:42	6:29	80	5:04	241	5:39	7.60	44:08	5:48	74	17:30	206	18:54
Finish	1.80	11:46	6:32	74	5:14	227	11:37	9.40	55:54	5:56	77	22:44	214	24:47