



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

Detailed evaluation

Arnold, Andreas

Club: Mühlhausen
Number: 7

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

Category:
Männer 50 bis 59 Jahre

Total time: 55:26

Speed: 10.17 km/h
Running performance: 5:54 min/km

Rank in course/Total: 241 (of 373)

Rank in course/Men: 204 (of 286)

Best time in course: 31:07

Rank in category: 50(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	11:17	5:07	34	3:28	162	4:15	2.20	11:17	5:07	34	3:28	162	4:15
Rundenzeit	1.80	10:07	5:37	50	3:16	206	4:09	4.00	21:24	5:20	45	6:44	179	8:24
Rundenzeit	1.80	10:49	6:00	57	3:44	220	4:41	5.80	32:13	5:33	45	10:28	189	13:02
Rundenzeit	1.80	11:39	6:28	63	4:32	240	5:36	7.60	43:52	5:46	50	14:51	203	18:38
Finish	1.80	11:34	6:25	60	11:25	221	11:25	9.40	55:26	5:53	50	19:24	208	24:19