



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

Detailed evaluation

Keller, Uwe

Club: Active Coach
Number: 120

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

Category:
Männer 40 bis 49 Jahre

Total time: 38:07

Speed: 14.80 km/h
Running performance: 4:03 min/km

Rank in course/Total: 24 (of 373)

Rank in course/Men: 23 (of 286)

Best time in course: 31:07

Rank in category: 4(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	8:27	3:50	7	1:17	31	1:25	2.20	8:27	3:50	7	1:17	31	1:25
Rundenzeit	1.80	7:12	4:00	4	0:51	21	1:14	4.00	15:39	3:54	5	2:08	24	2:39
Rundenzeit	1.80	7:23	4:06	4	0:54	22	1:15	5.80	23:02	3:58	4	3:02	22	3:51
Rundenzeit	1.80	7:26	4:07	4	0:48	21	1:23	7.60	30:28	4:00	4	3:50	22	5:14
Finish	1.80	7:39	4:15	5	1:07	33	7:30	9.40	38:07	4:03	4	4:57	23	7:00