



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

Detailed evaluation

Güntzel, Wieland

Club: Themar
Number: 109

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

Category:
Männer 50 bis 59 Jahre

Total time: 55:40

Speed: 9.70 km/h
Running performance: 5:55 min/km

Rank in course/Total: 246 (of 373)

Rank in course/Men: 206 (of 286)

Best time in course: 31:07

Rank in category: 51(of 80)

Best time in the category: 36:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Rundenzeit	2.20	12:38	5:44	53	4:49	219	5:36	2.20	12:38	5:44	53	4:49	219	5:36
Rundenzeit	1.80	10:39	5:55	58	3:48	233	4:41	4.00	23:17	5:49	57	8:37	231	10:17
Rundenzeit	1.80	10:38	5:54	53	3:33	214	4:30	5.80	33:55	5:50	56	12:10	222	14:44
Rundenzeit	1.80	10:51	6:01	52	3:44	208	4:48	7.60	44:46	5:53	56	15:45	220	19:32
Finish	1.80	10:54	6:03	48	10:45	196	10:45	9.40	55:40	5:55	51	19:38	210	24:33