



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

Detailed evaluation

Nix, Christian

Club: LFS Bonn
Number: 257

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

Category:
Männer 50 bis 59 Jahre

Total time: 55:57

Speed: 10.08 km/h
Running performance: 5:57 min/km

Rank in course/Total: 251 (of 373)

Rank in course/Men: 211 (of 286)

Best time in course: 31:07

Rank in category: 52(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	11:18	5:08	36	3:29	164	4:16	2.20	11:18	5:08	36	3:29	164	4:16
Rundenzeit	1.80	9:47	5:26	44	2:56	190	3:49	4.00	21:05	5:16	41	6:25	172	8:05
Rundenzeit	1.80	11:14	6:14	63	4:09	239	5:06	5.80	32:19	5:34	46	10:34	192	13:08
Rundenzeit	1.80	11:58	6:38	68	4:51	251	5:55	7.60	44:17	5:49	54	15:16	212	19:03
Finish	1.80	11:40	6:28	61	11:31	225	11:31	9.40	55:57	5:57	52	19:55	215	24:50