



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

Detailed evaluation

Wolf, Johannes

Club: Wiesbaden
Number: 421

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

Category:
Männer 30 bis 39 Jahre

Total time: 55:52

Speed: 9.67 km/h
Running performance: 5:56 min/km

Rank in course/Total: 249 (of 373)

Rank in course/Men: 209 (of 286)

Best time in course: 31:07

Rank in category: 45(of 57)

Best time in the category: 31:07

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	13:20	6:03	52	6:18	247	6:18	2.20	13:20	6:03	52	6:18	247	6:18	
Rundenzeit	1.80	9:40	5:22	41	3:42	180	3:42	4.00	23:00	5:45	48	10:00	220	10:00	
Rundenzeit	1.80	12:49	7:07	55	6:41	276	6:41	5.80	35:49	6:10	54	16:38	255	16:38	
Rundenzeit	1.80	10:06	5:36	38	4:03	168	4:03	7.60	45:55	6:02	49	20:41	226	20:41	
Finish	1.80	9:57	5:31	37	4:06	159	9:48	9.40	55:52	5:56	45	24:45	213	24:45	