



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

Detailed evaluation

Eggert, Andreas

Club: SG Stern Hamburg  
Number: 63

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

Category:  
Männer 40 bis 49 Jahre

Total time: 55:47

Speed: 9.68 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 248 (of 373)

Rank in course/Men: 208 (of 286)

Best time in course: 31:07

Rank in category: 74(of 91)

Best time in the category: 33:10

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	11:47	5:21	64	4:37	182	4:45	2.20	11:47	5:21	64	4:37	182	4:45
Rundenzeit	1.80	10:07	5:37	77	3:46	206	4:09	4.00	21:54	5:28	67	8:23	189	8:54
Rundenzeit	1.80	11:02	6:07	80	4:33	229	4:54	5.80	32:56	5:40	74	12:56	203	13:45
Rundenzeit	1.80	11:31	6:23	79	4:53	236	5:28	7.60	44:27	5:50	77	17:49	215	19:13
Finish	1.80	11:20	6:17	68	4:48	211	11:11	9.40	55:47	5:56	76	22:37	212	24:40