



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

Detailed evaluation

Krug, Andreas

Club: SV Blau-Weiß Zorbau  
Number: 187

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

Category:  
Männer 20 bis 29 Jahre

Total time: 38:11

Speed: 14.14 km/h  
Running performance: 4:04 min/km

Rank in course/Total: 25 (of 373)

Rank in course/Men: 25 (of 286)

Best time in course: 31:07

Rank in category: 4(of 22)

Best time in the category: 33:09

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	8:45	3:58	7	1:36	44	1:43	2.20	8:45	3:58	7	1:36	44	1:43
Rundenzeit	1.80	7:26	4:07	4	1:07	34	1:28	4.00	16:11	4:02	6	2:41	39	3:11
Rundenzeit	1.80	7:15	4:01	4	0:47	20	1:07	5.80	23:26	4:02	4	3:28	28	4:15
Rundenzeit	1.80	7:29	4:09	4	0:51	22	1:26	7.60	30:55	4:04	4	4:19	26	5:41
Finish	1.80	7:16	4:02	4	0:43	21	7:07	9.40	38:11	4:03	4	5:02	25	7:04