



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Münchow, Andreas

Club: Laufgruppe Schlaubetal
Number: 251

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

Category:
Männer 40 bis 49 Jahre

Total time: 56:42

Speed: 9.95 km/h
Running performance: 6:02 min/km

Rank in course/Total: 256 (of 373)

Rank in course/Men: 212 (of 286)

Best time in course: 31:07

Rank in category: 76(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	12:48	5:49	78	5:38	225	5:46	2.20	12:48	5:49	78	5:38	225	5:46
Rundenzeit	1.80	9:42	5:23	67	3:21	183	3:44	4.00	22:30	5:37	73	8:59	205	9:30
Rundenzeit	1.80	9:08	5:04	36	2:39	114	3:00	5.80	31:38	5:27	66	11:38	182	12:27
Rundenzeit	1.80	8:28	4:42	20	1:50	61	2:25	7.60	40:06	5:16	54	13:28	157	14:52
Finish	1.80	16:36	9:13	82	10:04	259	16:27	9.40	56:42	6:01	78	23:32	216	25:35