



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

Detailed evaluation

Warth, Fabian

Club: SPVG Ahorn
Number: 399

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

Category:
Männer 20 bis 29 Jahre

Total time: 56:45

Speed: 9.52 km/h
Running performance: 6:02 min/km

Rank in course/Total: 257 (of 373)

Rank in course/Men: 213 (of 286)

Best time in course: 31:07

Rank in category: 21(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	12:35	5:43	21	5:26	218	5:33	2.20	12:35	5:43	21	5:26	218	5:33
Rundenzeit	1.80	10:37	5:53	21	4:18	231	4:39	4.00	23:12	5:47	20	9:42	224	10:12
Rundenzeit	1.80	11:34	6:25	22	5:06	252	5:26	5.80	34:46	5:59	22	14:48	240	15:35
Rundenzeit	1.80	11:10	6:12	21	4:32	222	5:07	7.60	45:56	6:02	21	19:20	229	20:42
Finish	1.80	10:49	6:00	20	4:16	192	10:40	9.40	56:45	6:02	21	23:36	217	25:38