



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Knape, Ingo

Club: Jena

Number: 170

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 56:46

Speed: 9.51 km/h

Running performance: 6:02 min/km

Rank in course/Total: 258 (of 373)

Rank in course/Men: 214 (of 286)

Best time in course: 31:07

Rank in category: 53(of 80)

Best time in the category: 36:02

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	13:28	6:07	66	5:39	253	6:26	2.20	13:28	6:07	66	5:39	253	6:26
Rundenzeit	1.80	10:45	5:58	60	3:54	239	4:47	4.00	24:13	6:03	62	9:33	250	11:13
Rundenzeit	1.80	10:49	6:00	57	3:44	220	4:41	5.80	35:02	6:02	61	13:17	243	15:51
Rundenzeit	1.80	11:04	6:08	55	3:57	216	5:01	7.60	46:06	6:03	59	17:05	234	20:52
Finish	1.80	10:40	5:55	44	10:31	188	10:31	9.40	56:46	6:02	53	20:44	218	25:39