



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

Detailed evaluation

**Beyer, Harald**

Club: SV Nordhausen 90  
Number: 28

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

Category:  
Männer 50 bis 59 Jahre

Total time: 56:57

Speed: 9.48 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 263 (of 373)

Rank in course/Men: 216 (of 286)

Best time in course: 31:07

Rank in category: 54(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	13:00	5:54	58	5:11	236	5:58	2.20	13:00	5:54	58	5:11	236	5:58
Rundenzeit	1.80	10:56	6:04	65	4:05	251	4:58	4.00	23:56	5:59	61	9:16	244	10:56
Rundenzeit	1.80	10:47	5:59	56	3:42	219	4:39	5.80	34:43	5:59	60	12:58	237	15:32
Rundenzeit	1.80	11:23	6:19	61	4:16	228	5:20	7.60	46:06	6:03	59	17:05	234	20:52
Finish	1.80	10:51	6:01	47	10:42	194	10:42	9.40	56:57	6:03	54	20:55	220	25:50