



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

Detailed evaluation

Schafsteller, Bernd

Club: Da müssen wir durch
Number: 309

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

Category:
Männer 50 bis 59 Jahre

Total time: 57:04

Speed: 9.46 km/h
Running performance: 6:04 min/km

Rank in course/Total: 265 (of 373)

Rank in course/Men: 217 (of 286)

Best time in course: 31:07

Rank in category: 55(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	13:38	6:11	69	5:49	261	6:36	2.20	13:38	6:11	69	5:49	261	6:36
Rundenzeit	1.80	10:12	5:39	53	3:21	214	4:14	4.00	23:50	5:57	60	9:10	243	10:50
Rundenzeit	1.80	10:44	5:57	54	3:39	216	4:36	5.80	34:34	5:57	58	12:49	233	15:23
Rundenzeit	1.80	11:21	6:18	60	4:14	226	5:18	7.60	45:55	6:02	57	16:54	226	20:41
Finish	1.80	11:09	6:11	52	11:00	204	11:00	9.40	57:04	6:04	55	21:02	221	25:57