



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

Detailed evaluation

Herrmann, Michael

Club: sc implus erfurt
Number: 437

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

Category:
Männer 60 bis 69 Jahre

Total time: 38:39

Speed: 13.97 km/h
Running performance: 4:07 min/km

Rank in course/Total: 26 (of 373)

Rank in course/Men: 26 (of 286)

Best time in course: 31:07

Rank in category: 1(of 20)

Best time in the category: 38:39

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	8:29	3:51	1	-	36	1:27	2.20	8:29	3:51	1	-	36	1:27
Rundenzeit	1.80	7:23	4:06	1	-	26	1:25	4.00	15:52	3:58	1	-	31	2:52
Rundenzeit	1.80	7:35	4:12	1	-	28	1:27	5.80	23:27	4:02	1	-	29	4:16
Rundenzeit	1.80	7:41	4:16	1	-	27	1:38	7.60	31:08	4:05	1	-	27	5:54
Finish	1.80	7:31	4:10	2	7:18	27	7:22	9.40	38:39	4:06	1	-	26	7:32