



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

Detailed evaluation

Heinelt, Hubertus

Club: TSV Glinde
Number: 124

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

Category:
Männer 40 bis 49 Jahre

Total time: 57:33

Speed: 9.38 km/h
Running performance: 6:07 min/km

Rank in course/Total: 274 (of 373)

Rank in course/Men: 224 (of 286)

Best time in course: 31:07

Rank in category: 78(of 91)

Best time in the category: 33:10

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	14:02	6:22	90	6:52	270	7:00	2.20	14:02	6:22	90	6:52	270	7:00
Rundenzeit	1.80	10:29	5:49	81	4:08	224	4:31	4.00	24:31	6:07	88	11:00	258	11:31
Rundenzeit	1.80	10:34	5:52	76	4:05	207	4:26	5.80	35:05	6:02	86	15:05	246	15:54
Rundenzeit	1.80	11:04	6:08	76	4:26	216	5:01	7.60	46:09	6:04	82	19:31	239	20:55
Finish	1.80	11:24	6:19	69	4:52	214	11:15	9.40	57:33	6:07	80	24:23	228	26:26