



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

Detailed evaluation

Pohlei, Sven-ole

Club: Paderborn
Number: 282

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

Category:
Männer 30 bis 39 Jahre

Total time: 58:17

Speed: 9.27 km/h
Running performance: 6:12 min/km

Rank in course/Total: 280 (of 373)

Rank in course/Men: 226 (of 286)

Best time in course: 31:07

Rank in category: 47(of 57)

Best time in the category: 31:07

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	13:12	5:59	51	6:10	240	6:10	2.20	13:12	5:59	51	6:10	240	6:10
Rundenzeit	1.80	10:10	5:38	46	4:12	212	4:12	4.00	23:22	5:50	49	10:22	235	10:22
Rundenzeit	1.80	11:06	6:09	51	4:58	233	4:58	5.80	34:28	5:56	48	15:17	229	15:17
Rundenzeit	1.80	13:16	7:22	55	7:13	272	7:13	7.60	47:44	6:16	54	22:30	252	22:30
Finish	1.80	10:33	5:51	41	4:42	179	10:24	9.40	58:17	6:12	47	27:10	230	27:10