



# 18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

## Detailed evaluation

**Schwarz, Richard**

Club: Grubenwehr Bergwerk Ost  
Number: 348

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

Category:  
Männer 60 bis 69 Jahre

Total time: 58:17

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

Rank in course/Total: 281 (of 373)

Rank in course/Men: 226 (of 286)

Best time in course: 31:07

Rank in category: 11(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	13:16	6:01	12	4:47	242	6:14	2.20	13:16	6:01	12	4:47	242	6:14
Rundenzeit	1.80	11:05	6:09	12	3:42	253	5:07	4.00	24:21	6:05	12	8:29	253	11:21
Rundenzeit	1.80	11:27	6:21	13	3:52	248	5:19	5.80	35:48	6:10	12	12:21	254	16:37
Rundenzeit	1.80	11:29	6:22	11	3:48	233	5:26	7.60	47:17	6:13	12	16:09	247	22:03
Finish	1.80	11:00	6:06	11	10:47	200	10:51	9.40	58:17	6:12	12	19:38	230	27:10