



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

Detailed evaluation

Gremm, Burkhard

Club: Rhönläufer
Number: 102

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

Category:
Männer 50 bis 59 Jahre

Total time: 58:20

Speed: 9.26 km/h
Running performance: 6:13 min/km

Rank in course/Total: 283 (of 373)

Rank in course/Men: 228 (of 286)

Best time in course: 31:07

Rank in category: 58(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	13:36	6:10	68	5:47	259	6:34	2.20	13:36	6:10	68	5:47	259	6:34
Rundenzeit	1.80	10:45	5:58	60	3:54	239	4:47	4.00	24:21	6:05	65	9:41	253	11:21
Rundenzeit	1.80	11:14	6:14	63	4:09	239	5:06	5.80	35:35	6:08	63	13:50	250	16:24
Rundenzeit	1.80	11:19	6:17	59	4:12	225	5:16	7.60	46:54	6:10	63	17:53	245	21:40
Finish	1.80	11:26	6:21	57	11:17	216	11:17	9.40	58:20	6:12	58	22:18	232	27:13