



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

Detailed evaluation

Weustenfeld, Martin

Club: Recklinghausen  
Number: 411

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

Category:  
Männer 30 bis 39 Jahre

Total time: 38:47

Speed: 13.92 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 27 (of 373)

Rank in course/Men: 27 (of 286)

Best time in course: 31:07

Rank in category: 13(of 57)

Best time in the category: 31:07

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	8:11	3:43	10	1:09	18	1:09	2.20	8:11	3:43	10	1:09	18	1:09
Rundenzeit	1.80	7:12	4:00	11	1:14	21	1:14	4.00	15:23	3:50	11	2:23	20	2:23
Rundenzeit	1.80	7:34	4:12	12	1:26	26	1:26	5.80	22:57	3:57	10	3:46	20	3:46
Rundenzeit	1.80	7:54	4:23	15	1:51	36	1:51	7.60	30:51	4:03	13	5:37	25	5:37
Finish	1.80	7:56	4:24	16	2:05	46	7:47	9.40	38:47	4:07	13	7:40	27	7:40