



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

Detailed evaluation

Haink, Uwe

Club: SV Braunsbedra
Number: 114

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

Category:
Männer 40 bis 49 Jahre

Total time: 58:29

Speed: 9.23 km/h
Running performance: 6:13 min/km

Rank in course/Total: 287 (of 373)

Rank in course/Men: 230 (of 286)

Best time in course: 31:07

Rank in category: 79(of 91)

Best time in the category: 33:10

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	12:02	5:28	68	4:52	189	5:00	2.20	12:02	5:28	68	4:52	189	5:00	
Rundenzeit	1.80	10:47	5:59	85	4:26	243	4:49	4.00	22:49	5:42	78	9:18	215	9:49	
Rundenzeit	1.80	11:27	6:21	85	4:58	248	5:19	5.80	34:16	5:54	81	14:16	224	15:05	
Rundenzeit	1.80	12:02	6:41	83	5:24	252	5:59	7.60	46:18	6:05	83	19:40	240	21:04	
Finish	1.80	12:11	6:46	78	5:39	238	12:02	9.40	58:29	6:13	81	25:19	234	27:22	