



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

Detailed evaluation

Huwald, Detlef

Club: Marathon Mülheim
Number: 144

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

Category:
Männer 60 bis 69 Jahre

Total time: 58:27

Speed: 9.24 km/h
Running performance: 6:13 min/km

Rank in course/Total: 286 (of 373)

Rank in course/Men: 229 (of 286)

Best time in course: 31:07

Rank in category: 12(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	12:29	5:40	10	4:00	213	5:27	2.20	12:29	5:40	10	4:00	213	5:27
Rundenzeit	1.80	10:45	5:58	11	3:22	239	4:47	4.00	23:14	5:48	11	7:22	226	10:14
Rundenzeit	1.80	11:19	6:17	12	3:44	245	5:11	5.80	34:33	5:57	11	11:06	232	15:22
Rundenzeit	1.80	11:50	6:34	13	4:09	247	5:47	7.60	46:23	6:06	11	15:15	242	21:09
Finish	1.80	12:04	6:42	15	11:51	231	11:55	9.40	58:27	6:13	13	19:48	233	27:20