



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

Detailed evaluation

Henniges, Klaus

Club: Grubenwehr Bergwerk Ost
Number: 131

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

Category:
Männer 50 bis 59 Jahre

Total time: 58:49

Speed: 9.18 km/h
Running performance: 6:16 min/km

Rank in course/Total: 291 (of 373)

Rank in course/Men: 233 (of 286)

Best time in course: 31:07

Rank in category: 61(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.	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	59	5:27	242	6:14	2.20	13:16	6:01	59	5:27	242	6:14
Rundenzeit	1.80	11:03	6:08	66	4:12	252	5:05	4.00	24:19	6:04	64	9:39	252	11:19
Rundenzeit	1.80	11:23	6:19	67	4:18	247	5:15	5.80	35:42	6:09	66	13:57	253	16:31
Rundenzeit	1.80	11:37	6:27	62	4:30	237	5:34	7.60	47:19	6:13	65	18:18	248	22:05
Finish	1.80	11:30	6:23	59	11:21	219	11:21	9.40	58:49	6:15	61	22:47	237	27:42