



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Alze, Matthias

Club: Grubenwehr Bergwerk Ost
Number: 4

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

Category:
Männer 50 bis 59 Jahre

Total time: 58:48

Speed: 9.59 km/h
Running performance: 6:16 min/km

Rank in course/Total: 290 (of 373)

Rank in course/Men: 232 (of 286)

Best time in course: 31:07

Rank in category: 60(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	13:16	6:01	59	5:27	242	6:14	2.20	13:16	6:01	59	5:27	242	6:14
Rundenzeit	1.80	11:06	6:09	67	4:15	254	5:08	4.00	24:22	6:05	66	9:42	255	11:22
Rundenzeit	1.80	11:17	6:16	66	4:12	243	5:09	5.80	35:39	6:08	65	13:54	252	16:28
Rundenzeit	1.80	11:42	6:29	64	4:35	241	5:39	7.60	47:21	6:13	66	18:20	249	22:07
Finish	1.80	11:27	6:21	58	11:18	217	11:18	9.40	58:48	6:15	60	22:46	236	27:41