



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Ryba, Ulli

Club: Dresden/Greiz

Number: 302

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 59:12

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 292 (of 373)

Rank in course/Men: 234 (of 286)

Best time in course: 31:07

Rank in category: 62(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	11:36	5:16	42	3:47	176	4:34	2.20	11:36	5:16	42	3:47	176	4:34
Rundenzeit	1.80	9:16	5:08	35	2:25	149	3:18	4.00	20:52	5:13	39	6:12	165	7:52
Rundenzeit	1.80	9:22	5:12	32	2:17	130	3:14	5.80	30:14	5:12	38	8:29	158	11:03
Rundenzeit	1.80	9:38	5:21	34	2:31	140	3:35	7.60	39:52	5:14	37	10:51	152	14:38
Finish	1.80	19:20	10:44	76	19:11	267	19:11	9.40	59:12	6:17	64	23:10	240	28:05