



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

Detailed evaluation

Krugmann, Christian

Club: OBETA
Number: 188

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

Category:
Männer 40 bis 49 Jahre

Total time: 59:22

Speed: 9.10 km/h
Running performance: 6:19 min/km

Rank in course/Total: 293 (of 373)

Rank in course/Men: 235 (of 286)

Best time in course: 31:07

Rank in category: 80(of 91)

Best time in the category: 33:10

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	12:30	5:40	74	5:20	216	5:28	2.20	12:30	5:40	74	5:20	216	5:28
Rundenzeit	1.80	10:46	5:58	84	4:25	242	4:48	4.00	23:16	5:48	83	9:45	229	10:16
Rundenzeit	1.80	11:47	6:32	86	5:18	255	5:39	5.80	35:03	6:02	84	15:03	244	15:52
Rundenzeit	1.80	12:21	6:51	85	5:43	257	6:18	7.60	47:24	6:14	84	20:46	251	22:10
Finish	1.80	11:58	6:38	75	5:26	229	11:49	9.40	59:22	6:18	82	26:12	241	28:15