



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

Detailed evaluation

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Club: SV Glückauf Sondershausen
Number: 72

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

Category:
Männer 30 bis 39 Jahre

Total time: 31:08

Speed: 18.12 km/h
Running performance: 3:19 min/km

Rank in course/Total: 2 (of 373)

Rank in course/Men: 2 (of 286)

Best time in course: 31:07

Rank in category: 2(of 57)

Best time in the category: 31:07

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	7:03	3:12	2	0:01	2	0:01	2.20	7:03	3:12	2	0:01	2	0:01
Rundenzeit	1.80	6:00	3:19	3	0:02	3	0:02	4.00	13:03	3:15	2	0:03	2	0:03
Rundenzeit	1.80	6:11	3:26	2	0:03	2	0:03	5.80	19:14	3:18	3	0:03	3	0:03
Rundenzeit	1.80	6:03	3:21	1	-	1	-	7.60	25:17	3:19	2	0:03	2	0:03
Finish	1.80	5:51	3:14	1	-	4	5:42	9.40	31:08	3:18	2	0:01	2	0:01