



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

Detailed evaluation

Löppen, Reinhard

Club: SV-EMSETAL
Number: 215

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

Category:
Männer 50 bis 59 Jahre

Total time: 38:49

Speed: 13.91 km/h
Running performance: 4:08 min/km

Rank in course/Total: 28 (of 373)

Rank in course/Men: 28 (of 286)

Best time in course: 31:07

Rank in category: 4(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	8:22	3:48	4	0:33	27	1:20	2.20	8:22	3:48	4	0:33	27	1:20
Rundenzeit	1.80	7:19	4:03	3	0:28	24	1:21	4.00	15:41	3:55	3	1:01	26	2:41
Rundenzeit	1.80	7:39	4:15	5	0:34	32	1:31	5.80	23:20	4:01	4	1:35	26	4:09
Rundenzeit	1.80	7:49	4:20	6	0:42	35	1:46	7.60	31:09	4:05	4	2:08	28	5:55
Finish	1.80	7:40	4:15	6	7:31	34	7:31	9.40	38:49	4:07	4	2:47	28	7:42