



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

Detailed evaluation

Marquardt, Peter

Club: Okersprinter
Number: 228

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

Category:
Männer 60 bis 69 Jahre

Total time: 59:23

Speed: 9.50 km/h
Running performance: 6:19 min/km

Rank in course/Total: 294 (of 373)

Rank in course/Men: 236 (of 286)

Best time in course: 31:07

Rank in category: 13(of 20)

Best time in the category: 38:39

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	13:50	6:17	15	5:21	267	6:48	2.20	13:50	6:17	15	5:21	267	6:48
Rundenzeit	1.80	11:16	6:15	13	3:53	259	5:18	4.00	25:06	6:16	14	9:14	263	12:06
Rundenzeit	1.80	11:14	6:14	11	3:39	239	5:06	5.80	36:20	6:15	13	12:53	259	17:09
Rundenzeit	1.80	11:29	6:22	11	3:48	233	5:26	7.60	47:49	6:17	13	16:41	253	22:35
Finish	1.80	11:34	6:25	13	11:21	221	11:25	9.40	59:23	6:19	14	20:44	242	28:16