



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

Detailed evaluation

Steller, Bernd

Club: Böddiger
Number: 366

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

Category:
Männer 50 bis 59 Jahre

Total time: 59:25

Speed: 9.49 km/h
Running performance: 6:19 min/km

Rank in course/Total: 295 (of 373)

Rank in course/Men: 237 (of 286)

Best time in course: 31:07

Rank in category: 63(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	13:17	6:02	61	5:28	245	6:15	2.20	13:17	6:02	61	5:28	245	6:15	
Rundenzeit	1.80	10:26	5:47	56	3:35	222	4:28	4.00	23:43	5:55	58	9:03	239	10:43	
Rundenzeit	1.80	10:59	6:06	60	3:54	225	4:51	5.80	34:42	5:58	59	12:57	236	15:31	
Rundenzeit	1.80	12:12	6:46	69	5:05	254	6:09	7.60	46:54	6:10	63	17:53	245	21:40	
Finish	1.80	12:31	6:57	67	12:22	241	12:22	9.40	59:25	6:19	65	23:23	243	28:18	