



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit
Number: 424

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

Category:
Männer 50 bis 59 Jahre

Total time: 59:53

Speed: 9.02 km/h
Running performance: 6:22 min/km

Rank in course/Total: 300 (of 373)

Rank in course/Men: 239 (of 286)

Best time in course: 31:07

Rank in category: 64(of 80)

Best time in the category: 36:02

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	12:13	5:33	47	4:24	200	5:11	2.20	12:13	5:33	47	4:24	200	5:11
Rundenzeit	1.80	8:57	4:58	29	2:06	130	2:59	4.00	21:10	5:17	42	6:30	173	8:10
Rundenzeit	1.80	9:13	5:07	29	2:08	123	3:05	5.80	30:23	5:14	40	8:38	160	11:12
Rundenzeit	1.80	9:29	5:16	28	2:22	123	3:26	7.60	39:52	5:14	37	10:51	152	14:38
Finish	1.80	20:01	11:07	77	19:52	268	19:52	9.40	59:53	6:22	66	23:51	245	28:46