



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

Detailed evaluation

Noll, Harry

Club: SC Langenhagen
Number: 260

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

Category:
Männer 50 bis 59 Jahre

Total time: 59:55

Speed: 9.01 km/h
Running performance: 6:22 min/km

Rank in course/Total: 301 (of 373)

Rank in course/Men: 240 (of 286)

Best time in course: 31:07

Rank in category: 65(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	13:56	6:19	72	6:07	268	6:54	2.20	13:56	6:19	72	6:07	268	6:54
Rundenzeit	1.80	11:09	6:11	68	4:18	257	5:11	4.00	25:05	6:16	69	10:25	262	12:05
Rundenzeit	1.80	11:31	6:23	68	4:26	251	5:23	5.80	36:36	6:18	68	14:51	261	17:25
Rundenzeit	1.80	11:57	6:38	67	4:50	250	5:54	7.60	48:33	6:23	68	19:32	258	23:19
Finish	1.80	11:22	6:18	56	11:13	213	11:13	9.40	59:55	6:22	67	23:53	246	28:48