



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

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg
Number: 432

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:00:19

Speed: 8.95 km/h
Running performance: 6:25 min/km

Rank in course/Total: 303 (of 373)

Rank in course/Men: 242 (of 286)

Best time in course: 31:07

Rank in category: 81(of 91)

Best time in the category: 33:10

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	12:20	5:36	72	5:10	206	5:18	2.20	12:20	5:36	72	5:10	206	5:18
Rundenzeit	1.80	11:29	6:22	89	5:08	262	5:31	4.00	23:49	5:57	85	10:18	242	10:49
Rundenzeit	1.80	12:08	6:44	88	5:39	260	6:00	5.80	35:57	6:11	88	15:57	257	16:46
Rundenzeit	1.80	12:17	6:49	84	5:39	256	6:14	7.60	48:14	6:20	86	21:36	255	23:00
Finish	1.80	12:05	6:42	77	5:33	232	11:56	9.40	1:00:19	6:25	83	27:09	248	29:12