



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

Detailed evaluation

Schleiter, Hans -Jürgen

Club: Mücheln
Number: 316

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

Category:
Männer 70 bis 79 Jahre

Total time: 1:00:28

Speed: 8.93 km/h
Running performance: 6:26 min/km

Rank in course/Total: 304 (of 373)

Rank in course/Men: 243 (of 286)

Best time in course: 31:07

Rank in category: 5(of 6)

Best time in the category: 43:41

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	10:14	4:39	2	1:00	102	3:12	2.20	10:14	4:39	2	1:00	102	3:12
Rundenzeit	1.80	9:14	5:07	3	0:59	146	3:16	4.00	19:28	4:51	2	1:59	119	6:28
Rundenzeit	1.80	10:08	5:37	3	1:38	184	4:00	5.80	29:36	5:06	2	3:37	139	10:25
Rundenzeit	1.80	10:10	5:38	3	1:19	172	4:07	7.60	39:46	5:13	3	4:56	147	14:32
Finish	1.80	20:42	11:30	6	11:51	270	20:33	9.40	1:00:28	6:25	5	16:47	249	29:21