



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Sonnenfeld, Dirk

Club: Ribbesbüttel

Number: 359

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 1:00:58

Speed: 8.86 km/h

Running performance: 6:29 min/km

Rank in course/Total: 306 (of 373)

Rank in course/Men: 245 (of 286)

Best time in course: 31:07

Rank in category: 66(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	14:03	6:23	74	6:14	271	7:01	2.20	14:03	6:23	74	6:14	271	7:01
Rundenzeit	1.80	10:54	6:03	64	4:03	250	4:56	4.00	24:57	6:14	68	10:17	261	11:57
Rundenzeit	1.80	11:44	6:31	69	4:39	253	5:36	5.80	36:41	6:19	69	14:56	262	17:30
Rundenzeit	1.80	12:12	6:46	69	5:05	254	6:09	7.60	48:53	6:25	70	19:52	261	23:39
Finish	1.80	12:05	6:42	62	11:56	232	11:56	9.40	1:00:58	6:29	68	24:56	252	29:51