



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

Detailed evaluation

Haas, Oliver

Club: Rosdorf
Number: 110

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:01:00

Speed: 8.85 km/h
Running performance: 6:29 min/km

Rank in course/Total: 307 (of 373)

Rank in course/Men: 246 (of 286)

Best time in course: 31:07

Rank in category: 49(of 57)

Best time in the category: 31:07

| 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 | 9:40 | 4:23 | 28 | 2:38 | 74 | 2:38 | 2.20 | 9:40 | 4:23 | 28 | 2:38 | 74 | 2:38 |
| Rundenzeit | 1.80 | 8:22 | 4:38 | 29 | 2:24 | 84 | 2:24 | 4.00 | 18:02 | 4:30 | 29 | 5:02 | 79 | 5:02 |
| Rundenzeit | 1.80 | 9:25 | 5:13 | 37 | 3:17 | 137 | 3:17 | 5.80 | 27:27 | 4:43 | 32 | 8:16 | 93 | 8:16 |
| Rundenzeit | 1.80 | 10:54 | 6:03 | 47 | 4:51 | 213 | 4:51 | 7.60 | 38:21 | 5:02 | 37 | 13:07 | 122 | 13:07 |
| Finish | 1.80 | 22:39 | 12:34 | 53 | 16:48 | 276 | 22:30 | 9.40 | 1:01:00 | 6:29 | 49 | 29:53 | 253 | 29:53 |