



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Baumgärtner, Stefan

Club: Hünstetten

Number: 18

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 1:01:04

Speed: 8.84 km/h

Running performance: 6:30 min/km

Rank in course/Total: 308 (of 373)

Rank in course/Men: 247 (of 286)

Best time in course: 31:07

Rank in category: 50(of 57)

Best time in the category: 31:07

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	12:53	5:51	48	5:51	231	5:51	2.20	12:53	5:51	48	5:51	231	5:51
Rundenzeit	1.80	10:50	6:01	55	4:52	248	4:52	4.00	23:43	5:55	52	10:43	239	10:43
Rundenzeit	1.80	12:07	6:43	54	5:59	259	5:59	5.80	35:50	6:10	55	16:39	256	16:39
Rundenzeit	1.80	12:39	7:01	53	6:36	262	6:36	7.60	48:29	6:22	55	23:15	257	23:15
Finish	1.80	12:35	6:59	48	6:44	242	12:26	9.40	1:01:04	6:29	50	29:57	254	29:57