



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Montel, Herbert

Club: VfK Berlin Südwest
Number: 241

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

Category:
Männer 70 bis 79 Jahre

Total time: 1:02:02

Speed: 8.70 km/h
Running performance: 6:36 min/km

Rank in course/Total: 315 (of 373)

Rank in course/Men: 250 (of 286)

Best time in course: 31:07

Rank in category: 6(of 6)

Best time in the category: 43:41

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	14:18	6:30	6	5:04	275	7:16	2.20	14:18	6:30	6	5:04	275	7:16
Rundenzeit	1.80	11:39	6:28	6	3:24	264	5:41	4.00	25:57	6:29	6	8:28	270	12:57
Rundenzeit	1.80	12:20	6:51	6	3:50	265	6:12	5.80	38:17	6:36	6	12:18	271	19:06
Rundenzeit	1.80	12:07	6:43	6	3:16	253	6:04	7.60	50:24	6:37	6	15:34	263	25:10
Finish	1.80	11:38	6:27	5	2:47	224	11:29	9.40	1:02:02	6:35	6	18:21	257	30:55