



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: 9.09 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 |