



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

Detailed evaluation

Hecker, Mario

Club: FSV Meuselwitz
Number: 123

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

Category:
Männer 50 bis 59 Jahre

Total time: 39:08

Speed: 14.41 km/h
Running performance: 4:10 min/km

Rank in course/Total: 30 (of 373)

Rank in course/Men: 30 (of 286)

Best time in course: 31:07

Rank in category: 5(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	8:20	3:47	2	0:31	25	1:18	2.20	8:20	3:47	2	0:31	25	1:18
Rundenzeit	1.80	7:23	4:06	4	0:32	26	1:25	4.00	15:43	3:55	4	1:03	27	2:43
Rundenzeit	1.80	7:54	4:23	7	0:49	42	1:46	5.80	23:37	4:04	5	1:52	31	4:26
Rundenzeit	1.80	7:48	4:19	5	0:41	34	1:45	7.60	31:25	4:08	5	2:24	30	6:11
Finish	1.80	7:43	4:17	7	7:34	37	7:34	9.40	39:08	4:09	5	3:06	30	8:01