



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

Detailed evaluation

Spandel, Matthias

Club: Angström
Number: 360

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:02:04

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

Rank in course/Total: 316 (of 373)

Rank in course/Men: 251 (of 286)

Best time in course: 31:07

Rank in category: 51(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	12:02	5:28	42	5:00	189	5:00	2.20	12:02	5:28	42	5:00	189	5:00
Rundenzeit	1.80	9:27	5:14	39	3:29	169	3:29	4.00	21:29	5:22	40	8:29	181	8:29
Rundenzeit	1.80	10:00	5:33	39	3:52	171	3:52	5.80	31:29	5:25	40	12:18	180	12:18
Rundenzeit	1.80	10:10	5:38	39	4:07	172	4:07	7.60	41:39	5:28	40	16:25	177	16:25
Finish	1.80	20:25	11:20	51	14:34	269	20:16	9.40	1:02:04	6:36	51	30:57	258	30:57