



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Dinse, Stefan

Club: Running Bros Coburg
Number: 60

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

Category:
Männer 40 bis 49 Jahre

Total time: 51:20

Speed: 10.99 km/h
Running performance: 5:28 min/km

Rank in course/Total: 177 (of 373)

Rank in course/Men: 157 (of 286)

Best time in course: 31:07

Rank in category: 56(of 91)

Best time in the category: 33:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	10:36	4:49	39	3:26	117	3:34	2.20	10:36	4:49	39	3:26	117	3:34
Rundenzeit	1.80	8:52	4:55	39	2:31	124	2:54	4.00	19:28	4:51	40	5:57	119	6:28
Rundenzeit	1.80	9:55	5:30	61	3:26	168	3:47	5.80	29:23	5:03	44	9:23	136	10:12
Rundenzeit	1.80	10:29	5:49	67	3:51	187	4:26	7.60	39:52	5:14	53	13:14	152	14:38
Finish	1.80	11:28	6:22	71	4:56	218	11:19	9.40	51:20	5:27	58	18:10	161	20:13