



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

Detailed evaluation

Schröder, Dirk

Club: Turnerschaft Bielefeld v. 1878 e.V.
Number: 339

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:03:07

Speed: 8.94 km/h
Running performance: 6:43 min/km

Rank in course/Total: 320 (of 373)

Rank in course/Men: 252 (of 286)

Best time in course: 31:07

Rank in category: 82(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.	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	13:29	6:07	86	6:19	254	6:27	2.20	13:29	6:07	86	6:19	254	6:27
Rundenzeit	1.80	11:55	6:37	90	5:34	268	5:57	4.00	25:24	6:20	90	11:53	266	12:24
Rundenzeit	1.80	12:44	7:04	90	6:15	271	6:36	5.80	38:08	6:34	90	18:08	268	18:57
Rundenzeit	1.80	12:56	7:11	87	6:18	267	6:53	7.60	51:04	6:43	88	24:26	266	25:50
Finish	1.80	12:03	6:41	76	5:31	230	11:54	9.40	1:03:07	6:42	84	29:57	260	32:00