



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

Detailed evaluation

Nägler, Dirk

Club: OLC Svijany Jena
Number: 253

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:03:13

Speed: 8.54 km/h
Running performance: 6:44 min/km

Rank in course/Total: 321 (of 373)

Rank in course/Men: 253 (of 286)

Best time in course: 31:07

Rank in category: 69(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	13:21	6:04	62	5:32	249	6:19	2.20	13:21	6:04	62	5:32	249	6:19
Rundenzeit	1.80	11:51	6:34	71	5:00	266	5:53	4.00	25:12	6:17	70	10:32	264	12:12
Rundenzeit	1.80	11:58	6:38	70	4:53	258	5:50	5.80	37:10	6:24	70	15:25	263	17:59
Rundenzeit	1.80	12:54	7:10	75	5:47	266	6:51	7.60	50:04	6:35	71	21:03	262	24:50
Finish	1.80	13:09	7:18	70	13:00	247	13:00	9.40	1:03:13	6:43	71	27:11	261	32:06