



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

Detailed evaluation

Wahl, Martin

Club: GM-Rennsteiglaufverein  
Number: 395

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

Category:  
Männer 60 bis 69 Jahre

Total time: 39:16

Speed: 13.75 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 32 (of 373)

Rank in course/Men: 32 (of 286)

Best time in course: 31:07

Rank in category: 2(of 20)

Best time in the category: 38:39

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	8:49	4:00	2	0:20	46	1:47	2.20	8:49	4:00	2	0:20	46	1:47
Rundenzeit	1.80	7:24	4:06	2	0:01	31	1:26	4.00	16:13	4:03	2	0:21	41	3:13
Rundenzeit	1.80	7:40	4:15	2	0:05	33	1:32	5.80	23:53	4:07	2	0:26	34	4:42
Rundenzeit	1.80	7:47	4:19	2	0:06	31	1:44	7.60	31:40	4:10	2	0:32	33	6:26
Finish	1.80	7:36	4:13	3	7:23	31	7:27	9.40	39:16	4:10	2	0:37	32	8:09