



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

Detailed evaluation

Wetzel, Frank

Club: Berlin  
Number: 408

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

Category:  
Männer 50 bis 59 Jahre

Total time: 1:03:25

Speed: 8.52 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 322 (of 373)

Rank in course/Men: 254 (of 286)

Best time in course: 31:07

Rank in category: 70(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	13:27	6:06	65	5:38	252	6:25	2.20	13:27	6:06	65	5:38	252	6:25
Rundenzeit	1.80	11:53	6:36	72	5:02	267	5:55	4.00	25:20	6:19	71	10:40	265	12:20
Rundenzeit	1.80	12:14	6:47	71	5:09	263	6:06	5.80	37:34	6:28	72	15:49	266	18:23
Rundenzeit	1.80	12:52	7:08	74	5:45	265	6:49	7.60	50:26	6:38	72	21:25	264	25:12
Finish	1.80	12:59	7:12	69	12:50	244	12:50	9.40	1:03:25	6:44	72	27:23	262	32:18