



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

Detailed evaluation

Stücke, Eckhard

Club: Lage
Number: 371

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

Category:
Männer 60 bis 69 Jahre

Total time: 1:04:29

Speed: 8.37 km/h
Running performance: 6:52 min/km

Rank in course/Total: 324 (of 373)

Rank in course/Men: 255 (of 286)

Best time in course: 31:07

Rank in category: 15(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	14:39	6:39	18	6:10	278	7:37	2.20	14:39	6:39	18	6:10	278	7:37
Rundenzeit	1.80	12:14	6:47	18	4:51	273	6:16	4.00	26:53	6:43	18	11:01	275	13:53
Rundenzeit	1.80	12:43	7:03	16	5:08	270	6:35	5.80	39:36	6:49	17	16:09	274	20:25
Rundenzeit	1.80	12:40	7:02	15	4:59	263	6:37	7.60	52:16	6:52	17	21:08	271	27:02
Finish	1.80	12:13	6:47	16	12:00	239	12:04	9.40	1:04:29	6:51	17	25:50	263	33:22