



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

Detailed evaluation

Gebhardt, Stephan

Club: TSV Rudow 1888 Berlin
Number: 87

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:04:58

Speed: 8.68 km/h
Running performance: 6:55 min/km

Rank in course/Total: 326 (of 373)

Rank in course/Men: 257 (of 286)

Best time in course: 31:07

Rank in category: 83(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.20	12:58	5:53	84	5:48	234	5:56	2.20	12:58	5:53	84	5:48	234	5:56				
Rundenzeit	1.80	9:58	5:32	75	3:37	200	4:00	4.00	22:56	5:44	80	9:25	217	9:56				
Rundenzeit	1.80	10:13	5:40	68	3:44	187	4:05	5.80	33:09	5:42	77	13:09	208	13:58				
Rundenzeit	1.80	10:18	5:43	62	3:40	176	4:15	7.60	43:27	5:43	70	16:49	196	18:13				
Finish	1.80	21:31	11:57	86	14:59	273	21:22	9.40	1:04:58	6:54	85	31:48	265	33:51				