



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

Detailed evaluation

Hages, Axel

Club: Grubenwehr Bergwerk Ost
Number: 113

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:05:07

Speed: 8.66 km/h
Running performance: 6:56 min/km

Rank in course/Total: 328 (of 373)

Rank in course/Men: 258 (of 286)

Best time in course: 31:07

Rank in category: 72(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	14:59	6:48	77	7:10	281	7:57	2.20	14:59	6:48	77	7:10	281	7:57
Rundenzeit	1.80	12:46	7:05	74	5:55	275	6:48	4.00	27:45	6:56	76	13:05	277	14:45
Rundenzeit	1.80	12:47	7:06	75	5:42	274	6:39	5.80	40:32	6:59	75	18:47	275	21:21
Rundenzeit	1.80	12:28	6:55	71	5:21	259	6:25	7.60	53:00	6:58	75	23:59	273	27:46
Finish	1.80	12:07	6:43	64	11:58	235	11:58	9.40	1:05:07	6:55	74	29:05	266	34:00