



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

Detailed evaluation

wilde, nico

Club: tsg wittenburg e.v.  
Number: 414

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

Category:  
Männer 40 bis 49 Jahre

Total time: 39:18

Speed: 13.74 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 33 (of 373)

Rank in course/Men: 33 (of 286)

Best time in course: 31:07

Rank in category: 6(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.	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	8:10	3:42	3	1:00	17	1:08	2.20	8:10	3:42	3	1:00	17	1:08
Rundenzeit	1.80	7:20	4:04	5	0:59	25	1:22	4.00	15:30	3:52	4	1:59	22	2:30
Rundenzeit	1.80	7:53	4:22	10	1:24	39	1:45	5.80	23:23	4:01	5	3:23	27	4:12
Rundenzeit	1.80	8:04	4:28	12	1:26	45	2:01	7.60	31:27	4:08	6	4:49	31	6:13
Finish	1.80	7:51	4:21	9	1:19	42	7:42	9.40	39:18	4:10	6	6:08	33	8:11