



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

Detailed evaluation

Küchler, Thomas

Club: Karate Club Hannover
Number: 192

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:05:29

Speed: 8.25 km/h
Running performance: 6:58 min/km

Rank in course/Total: 333 (of 373)

Rank in course/Men: 263 (of 286)

Best time in course: 31:07

Rank in category: 52(of 57)

Best time in the category: 31:07

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	12:18	5:35	46	5:16	204	5:16	2.20	12:18	5:35	46	5:16	204	5:16
Rundenzeit	1.80	10:41	5:56	54	4:43	236	4:43	4.00	22:59	5:44	47	9:59	218	9:59
Rundenzeit	1.80	10:46	5:58	46	4:38	217	4:38	5.80	33:45	5:49	46	14:34	219	14:34
Rundenzeit	1.80	10:50	6:01	44	4:47	205	4:47	7.60	44:35	5:51	47	19:21	218	19:21
Finish	1.80	20:54	11:36	52	15:03	271	20:45	9.40	1:05:29	6:57	53	34:22	271	34:22