



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

Detailed evaluation

Paduck, Gerold

Club: Leverkusen
Number: 267

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:06:17

Speed: 8.15 km/h
Running performance: 7:03 min/km

Rank in course/Total: 335 (of 373)

Rank in course/Men: 264 (of 286)

Best time in course: 31:07

Rank in category: 74(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	13:46	6:15	71	5:57	266	6:44	2.20	13:46	6:15	71	5:57	266	6:44
Rundenzeit	1.80	11:47	6:32	70	4:56	265	5:49	4.00	25:33	6:23	72	10:53	268	12:33
Rundenzeit	1.80	12:40	7:02	74	5:35	269	6:32	5.80	38:13	6:35	73	16:28	270	19:02
Rundenzeit	1.80	13:17	7:22	76	6:10	273	7:14	7.60	51:30	6:46	73	22:29	268	26:16
Finish	1.80	14:47	8:12	72	14:38	254	14:38	9.40	1:06:17	7:03	76	30:15	272	35:10