



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

Detailed evaluation

Küchler, Ingo

Club: SV Rot-Weiß Sondershausen e.V.
Number: 191

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:06:23

Speed: 8.13 km/h
Running performance: 7:04 min/km

Rank in course/Total: 336 (of 373)

Rank in course/Men: 265 (of 286)

Best time in course: 31:07

Rank in category: 75(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	12:18	5:35	48	4:29	204	5:16	2.20	12:18	5:35	48	4:29	204	5:16
Rundenzeit	1.80	10:41	5:56	59	3:50	236	4:43	4.00	22:59	5:44	53	8:19	218	9:59
Rundenzeit	1.80	10:46	5:58	55	3:41	217	4:38	5.80	33:45	5:49	55	12:00	219	14:34
Rundenzeit	1.80	10:50	6:01	51	3:43	205	4:47	7.60	44:35	5:51	55	15:34	218	19:21
Finish	1.80	21:48	12:06	79	21:39	274	21:39	9.40	1:06:23	7:03	77	30:21	273	35:16