



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

Detailed evaluation

Ortstadt, Hartmut

Club: LG Oerlinghausen
Number: 264

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:07:17

Speed: 8.03 km/h
Running performance: 7:10 min/km

Rank in course/Total: 338 (of 373)

Rank in course/Men: 266 (of 286)

Best time in course: 31:07

Rank in category: 76(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	13:59	6:21	73	6:10	269	6:57	2.20	13:59	6:21	73	6:10	269	6:57
Rundenzeit	1.80	13:03	7:15	77	6:12	279	7:05	4.00	27:02	6:45	75	12:22	276	14:02
Rundenzeit	1.80	13:41	7:36	77	6:36	278	7:33	5.80	40:43	7:01	77	18:58	277	21:32
Rundenzeit	1.80	13:21	7:24	78	6:14	275	7:18	7.60	54:04	7:06	77	25:03	275	28:50
Finish	1.80	13:13	7:20	71	13:04	248	13:04	9.40	1:07:17	7:09	78	31:15	274	36:10