



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Müller, Jens

Club: CUBECrack Blankenhain
Number: 246

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:07:18

Speed: 8.02 km/h
Running performance: 7:10 min/km

Rank in course/Total: 341 (of 373)

Rank in course/Men: 267 (of 286)

Best time in course: 31:07

Rank in category: 85(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	12:00	5:27	67	4:50	188	4:58	2.20	12:00	5:27	67	4:50	188	4:58
Rundenzeit	1.80	10:01	5:33	76	3:40	201	4:03	4.00	22:01	5:30	69	8:30	194	9:01
Rundenzeit	1.80	11:01	6:07	79	4:32	227	4:53	5.80	33:02	5:41	76	13:02	205	13:51
Rundenzeit	1.80	11:23	6:19	77	4:45	228	5:20	7.60	44:25	5:50	76	17:47	213	19:11
Finish	1.80	22:53	12:42	88	16:21	277	22:44	9.40	1:07:18	7:09	87	34:08	275	36:11