



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

Detailed evaluation

Schulze, Martin

Club: Gera
Number: 344

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:08:54

Speed: 7.84 km/h
Running performance: 7:20 min/km

Rank in course/Total: 347 (of 373)

Rank in course/Men: 271 (of 286)

Best time in course: 31:07

Rank in category: 87(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	12:06	5:29	69	4:56	192	5:04	2.20	12:06	5:29	69	4:56	192	5:04
Rundenzeit	1.80	10:08	5:37	78	3:47	209	4:10	4.00	22:14	5:33	71	8:43	201	9:14
Rundenzeit	1.80	11:00	6:06	78	4:31	226	4:52	5.80	33:14	5:43	78	13:14	209	14:03
Rundenzeit	1.80	11:55	6:37	82	5:17	248	5:52	7.60	45:09	5:56	78	18:31	221	19:55
Finish	1.80	23:45	13:11	90	17:13	282	23:36	9.40	1:08:54	7:19	89	35:44	279	37:47