



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

Detailed evaluation

Ose, Daniel

Club: Kampfsportschule Berk  
Number: 265

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

Category:  
Männer 30 bis 39 Jahre

Total time: 39:47

Speed: 13.57 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 35 (of 373)

Rank in course/Men: 35 (of 286)

Best time in course: 31:07

Rank in category: 15(of 57)

Best time in the category: 31:07

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	9:11	4:10	22	2:09	53	2:09	2.20	9:11	4:10	22	2:09	53	2:09
Rundenzeit	1.80	7:23	4:06	13	1:25	26	1:25	4.00	16:34	4:08	19	3:34	48	3:34
Rundenzeit	1.80	7:44	4:17	14	1:36	34	1:36	5.80	24:18	4:11	16	5:07	40	5:07
Rundenzeit	1.80	7:47	4:19	13	1:44	31	1:44	7.60	32:05	4:13	14	6:51	36	6:51
Finish	1.80	7:42	4:16	14	1:51	35	7:33	9.40	39:47	4:13	15	8:40	36	8:40