



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

Detailed evaluation

Schlegel, Jens-Uwe

Club: Dresden/Greiz
Number: 313

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:15:47

Speed: 7.44 km/h
Running performance: 8:04 min/km

Rank in course/Total: 359 (of 373)

Rank in course/Men: 276 (of 286)

Best time in course: 31:07

Rank in category: 77(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	12:28	5:39	51	4:39	211	5:26	2.20	12:28	5:39	51	4:39	211	5:26
Rundenzeit	1.80	11:16	6:15	69	4:25	259	5:18	4.00	23:44	5:56	59	9:04	241	10:44
Rundenzeit	1.80	12:27	6:54	72	5:22	267	6:19	5.80	36:11	6:14	67	14:26	258	17:00
Rundenzeit	1.80	12:29	6:56	73	5:22	261	6:26	7.60	48:40	6:24	69	19:39	259	23:26
Finish	1.80	27:07	15:03	80	26:58	283	26:58	9.40	1:15:47	8:03	79	39:45	284	44:40