



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

Detailed evaluation

Graffweg, Norbert

Club: Duisburg  
Number: 98

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

Category:  
Männer 50 bis 59 Jahre

Total time: 1:17:59

Speed: 6.92 km/h  
Running performance: 8:18 min/km

Rank in course/Total: 361 (of 373)

Rank in course/Men: 277 (of 286)

Best time in course: 31:07

Rank in category: 78(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	14:55	6:46	76	7:06	280	7:53	2.20	14:55	6:46	76	7:06	280	7:53
Rundenzeit	1.80	18:42	10:23	78	11:51	281	12:44	4.00	33:37	8:24	78	18:57	281	20:37
Rundenzeit	1.80	16:56	9:24	78	9:51	280	10:48	5.80	50:33	8:42	78	28:48	280	31:22
Rundenzeit	1.80	11:56	6:37	66	4:49	249	5:53	7.60	1:02:29	8:13	78	33:28	278	37:15
Finish	1.80	15:30	8:36	73	15:21	255	15:21	9.40	1:17:59	8:17	80	41:57	285	46:52