



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

Detailed evaluation

Litzke, Ronny

Club: SV Blau-Weiß Zorbau  
Number: 210

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

Category:  
Männer 30 bis 39 Jahre

Total time: 39:38

Speed: 13.62 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 34 (of 373)

Rank in course/Men: 34 (of 286)

Best time in course: 31:07

Rank in category: 14(of 57)

Best time in the category: 31:07

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	8:48	4:00	17	1:46	45	1:46	2.20	8:48	4:00	17	1:46	45	1:46
Rundenzeit	1.80	7:45	4:18	23	1:47	54	1:47	4.00	16:33	4:08	17	3:33	46	3:33
Rundenzeit	1.80	7:45	4:18	15	1:37	35	1:37	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	7:33	4:11	12	1:42	29	7:24	9.40	39:38	4:12	14	8:31	34	8:31