



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

Detailed evaluation

Piontek, Jens

Club: Goch
Number: 281

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:18:44

Speed: 6.86 km/h
Running performance: 8:23 min/km

Rank in course/Total: 362 (of 373)

Rank in course/Men: 278 (of 286)

Best time in course: 31:07

Rank in category: 89(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	13:43	6:14	89	6:33	265	6:41	2.20	13:43	6:14	89	6:33	265	6:41
Rundenzeit	1.80	11:08	6:11	88	4:47	256	5:10	4.00	24:51	6:12	89	11:20	260	11:51
Rundenzeit	1.80	12:22	6:52	89	5:53	266	6:14	5.80	37:13	6:25	89	17:13	265	18:02
Rundenzeit	1.80	13:32	7:31	89	6:54	276	7:29	7.60	50:45	6:40	87	24:07	265	25:31
Finish	1.80	27:59	15:32	91	21:27	284	27:50	9.40	1:18:44	8:22	91	45:34	286	47:37