



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

Detailed evaluation

Deutschland, Andreas

Club: Großneuhausen
Number: 57

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

Category:
Männer 40 bis 49 Jahre

Total time: 39:53

Speed: 13.54 km/h
Running performance: 4:14 min/km

Rank in course/Total: 36 (of 373)

Rank in course/Men: 36 (of 286)

Best time in course: 31:07

Rank in category: 7(of 91)

Best time in the category: 33:10

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	8:26	3:49	6	1:16	30	1:24	2.20	8:26	3:49	6	1:16	30	1:24
Rundenzeit	1.80	7:27	4:08	8	1:06	36	1:29	4.00	15:53	3:58	6	2:22	32	2:53
Rundenzeit	1.80	7:59	4:26	12	1:30	44	1:51	5.80	23:52	4:06	7	3:52	33	4:41
Rundenzeit	1.80	8:12	4:33	14	1:34	48	2:09	7.60	32:04	4:13	8	5:26	35	6:50
Finish	1.80	7:49	4:20	8	1:17	40	7:40	9.40	39:53	4:14	7	6:43	37	8:46