



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Bornemann, Lars

Club: FiFi GÖ & Friends

Number: 44

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 39:55

Speed: 13.53 km/h

Running performance: 4:15 min/km

Rank in course/Total: 38 (of 373)

Rank in course/Men: 38 (of 286)

Best time in course: 31:07

Rank in category: 9(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	9:31	4:19	18	2:21	67	2:29	2.20	9:31	4:19	18	2:21	67	2:29
Rundenzeit	1.80	7:33	4:11	11	1:12	41	1:35	4.00	17:04	4:15	14	3:33	51	4:04
Rundenzeit	1.80	7:34	4:12	6	1:05	26	1:26	5.80	24:38	4:14	12	4:38	47	5:27
Rundenzeit	1.80	7:45	4:18	5	1:07	28	1:42	7.60	32:23	4:15	11	5:45	41	7:09
Finish	1.80	7:32	4:11	4	1:00	28	7:23	9.40	39:55	4:14	9	6:45	39	8:48