



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

Detailed evaluation

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Club: Botenläufer Wittenberg
Number: 401

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

Category:
Männer 40 bis 49 Jahre

Total time: 40:00

Speed: 13.50 km/h
Running performance: 4:16 min/km

Rank in course/Total: 39 (of 373)

Rank in course/Men: 39 (of 286)

Best time in course: 31:07

Rank in category: 10(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	9:41	4:24	21	2:31	75	2:39	2.20	9:41	4:24	21	2:31	75	2:39
Rundenzeit	1.80	7:23	4:06	6	1:02	26	1:25	4.00	17:04	4:15	14	3:33	51	4:04
Rundenzeit	1.80	7:29	4:09	5	1:00	24	1:21	5.80	24:33	4:13	10	4:33	45	5:22
Rundenzeit	1.80	7:45	4:18	5	1:07	28	1:42	7.60	32:18	4:15	10	5:40	39	7:04
Finish	1.80	7:42	4:16	6	1:10	35	7:33	9.40	40:00	4:15	10	6:50	40	8:53