



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Lorenz, Christoph

Club: Langebrück

Number: 216

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 40:17

Speed: 13.41 km/h

Running performance: 4:17 min/km

Rank in course/Total: 40 (of 373)

Rank in course/Men: 40 (of 286)

Best time in course: 31:07

Rank in category: 16(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	9:01	4:05	18	1:59	49	1:59	2.20	9:01	4:05	18	1:59	49	1:59
Rundenzeit	1.80	7:32	4:11	15	1:34	39	1:34	4.00	16:33	4:08	17	3:33	46	3:33
Rundenzeit	1.80	7:51	4:21	16	1:43	38	1:43	5.80	24:24	4:12	18	5:13	43	5:13
Rundenzeit	1.80	7:58	4:25	16	1:55	40	1:55	7.60	32:22	4:15	16	7:08	40	7:08
Finish	1.80	7:55	4:23	15	2:04	44	7:46	9.40	40:17	4:17	16	9:10	41	9:10