



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

Detailed evaluation

Vollbrecht, Stephan

Club: MTV Müden/Örtze
Number: 390

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

Category:
Männer 40 bis 49 Jahre

Total time: 40:26

Speed: 13.36 km/h
Running performance: 4:18 min/km

Rank in course/Total: 41 (of 373)

Rank in course/Men: 41 (of 286)

Best time in course: 31:07

Rank in category: 11(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 | 8:25 | 3:49 | 5 | 1:15 | 29 | 1:23 | 2.20 | 8:25 | 3:49 | 5 | 1:15 | 29 | 1:23 |
| Rundenzeit | 1.80 | 7:31 | 4:10 | 9 | 1:10 | 37 | 1:33 | 4.00 | 15:56 | 3:59 | 8 | 2:25 | 34 | 2:56 |
| Rundenzeit | 1.80 | 8:08 | 4:31 | 15 | 1:39 | 52 | 2:00 | 5.80 | 24:04 | 4:08 | 8 | 4:04 | 35 | 4:53 |
| Rundenzeit | 1.80 | 8:13 | 4:33 | 15 | 1:35 | 49 | 2:10 | 7.60 | 32:17 | 4:14 | 9 | 5:39 | 38 | 7:03 |
| Finish | 1.80 | 8:09 | 4:31 | 17 | 1:37 | 56 | 8:00 | 9.40 | 40:26 | 4:18 | 12 | 7:16 | 43 | 9:19 |