



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

Detailed evaluation

Kosky, Matthias

Club: FSV Meuselwitz
Number: 180

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

Category:
Männer 30 bis 39 Jahre

Total time: 40:30

Speed: 13.33 km/h
Running performance: 4:19 min/km

Rank in course/Total: 42 (of 373)

Rank in course/Men: 42 (of 286)

Best time in course: 31:07

Rank in category: 17(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	8:31	3:52	15	1:29	37	1:29	2.20	8:31	3:52	15	1:29	37	1:29
Rundenzeit	1.80	7:37	4:13	18	1:39	45	1:39	4.00	16:08	4:01	15	3:08	37	3:08
Rundenzeit	1.80	8:06	4:30	19	1:58	49	1:58	5.80	24:14	4:10	15	5:03	39	5:03
Rundenzeit	1.80	8:13	4:33	18	2:10	49	2:10	7.60	32:27	4:16	17	7:13	42	7:13
Finish	1.80	8:03	4:28	18	2:12	50	7:54	9.40	40:30	4:18	17	9:23	44	9:23