



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

Detailed evaluation

Lehmann, Dr. Uwe

Club: SG Holzgau
Number: 202

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

Category:
Männer 50 bis 59 Jahre

Total time: 40:32

Speed: 13.91 km/h
Running performance: 4:19 min/km

Rank in course/Total: 43 (of 373)

Rank in course/Men: 43 (of 286)

Best time in course: 31:07

Rank in category: 6(of 80)

Best time in the category: 36:02

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	9:54	4:30	12	2:05	81	2:52	2.20	9:54	4:30	12	2:05	81	2:52
Rundenzeit	1.80	7:40	4:15	6	0:49	46	1:42	4.00	17:34	4:23	8	2:54	64	4:34
Rundenzeit	1.80	7:38	4:14	4	0:33	31	1:30	5.80	25:12	4:20	6	3:27	56	6:01
Rundenzeit	1.80	7:37	4:13	4	0:30	26	1:34	7.60	32:49	4:19	6	3:48	45	7:35
Finish	1.80	7:43	4:17	7	7:34	37	7:34	9.40	40:32	4:18	6	4:30	45	9:25