



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Schulz, Ferry

Club: Run & Bike Coburg
Number: 343

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

Category:
Männer 30 bis 39 Jahre

Total time: 40:40

Speed: 13.28 km/h
Running performance: 4:20 min/km

Rank in course/Total: 44 (of 373)

Rank in course/Men: 44 (of 286)

Best time in course: 31:07

Rank in category: 18(of 57)

Best time in the category: 31:07

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	9:04	4:07	21	2:02	52	2:02	2.20	9:04	4:07	21	2:02	52	2:02
Rundenzeit	1.80	7:40	4:15	19	1:42	46	1:42	4.00	16:44	4:11	20	3:44	50	3:44
Rundenzeit	1.80	7:55	4:23	17	1:47	43	1:47	5.80	24:39	4:15	19	5:28	48	5:28
Rundenzeit	1.80	8:03	4:28	17	2:00	44	2:00	7.60	32:42	4:18	18	7:28	43	7:28
Finish	1.80	7:58	4:25	17	2:07	48	7:49	9.40	40:40	4:19	18	9:33	46	9:33