



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

Detailed evaluation

Fierenz, Adrian

Club: SV Glückauf Sondershausen  
Number: 71

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

Category:  
Junioren 16 bis 19 Jahre

Total time: 41:00

Speed: 13.17 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 48 (of 373)

Rank in course/Men: 47 (of 286)

Best time in course: 31:07

Rank in category: 3(of 9)

Best time in the category: 34:49

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	8:13	3:44	2	0:33	21	1:11	2.20	8:13	3:44	2	0:33	21	1:11
Rundenzeit	1.80	7:43	4:17	3	1:10	50	1:45	4.00	15:56	3:59	3	1:43	34	2:56
Rundenzeit	1.80	8:25	4:40	4	1:34	67	2:17	5.80	24:21	4:11	3	3:17	42	5:10
Rundenzeit	1.80	8:34	4:45	4	1:46	68	2:31	7.60	32:55	4:19	3	5:03	48	7:41
Finish	1.80	8:05	4:29	3	1:08	54	7:56	9.40	41:00	4:21	3	6:11	50	9:53