



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Wolf, Daniel

Club: CPC Tri Team
Number: 420

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

Category:
Männer 30 bis 39 Jahre

Total time: 41:06

Speed: 13.14 km/h
Running performance: 4:22 min/km

Rank in course/Total: 49 (of 373)

Rank in course/Men: 49 (of 286)

Best time in course: 31:07

Rank in category: 19(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	8:28	3:50	14	1:26	34	1:26	2.20	8:28	3:50	14	1:26	34	1:26
Rundenzeit	1.80	7:34	4:12	16	1:36	42	1:36	4.00	16:02	4:00	14	3:02	36	3:02
Rundenzeit	1.80	8:10	4:32	21	2:02	53	2:02	5.80	24:12	4:10	14	5:01	37	5:01
Rundenzeit	1.80	8:36	4:46	24	2:33	71	2:33	7.60	32:48	4:18	19	7:34	44	7:34
Finish	1.80	8:18	4:36	23	2:27	66	8:09	9.40	41:06	4:22	19	9:59	52	9:59