



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

Detailed evaluation

Riemann, Helge

Club: Nordhausen
Number: 297

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

Category:
Männer 40 bis 49 Jahre

Total time: 41:12

Speed: 13.69 km/h
Running performance: 4:23 min/km

Rank in course/Total: 51 (of 373)

Rank in course/Men: 51 (of 286)

Best time in course: 31:07

Rank in category: 15(of 91)

Best time in the category: 33:10

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 | 8:52 | 4:01 | 13 | 1:42 | 47 | 1:50 | 2.20 | 8:52 | 4:01 | 13 | 1:42 | 47 | 1:50 |
| Rundenzeit | 1.80 | 7:49 | 4:20 | 15 | 1:28 | 56 | 1:51 | 4.00 | 16:41 | 4:10 | 13 | 3:10 | 49 | 3:41 |
| Rundenzeit | 1.80 | 8:10 | 4:32 | 16 | 1:41 | 53 | 2:02 | 5.80 | 24:51 | 4:17 | 14 | 4:51 | 50 | 5:40 |
| Rundenzeit | 1.80 | 8:13 | 4:33 | 15 | 1:35 | 49 | 2:10 | 7.60 | 33:04 | 4:21 | 14 | 6:26 | 50 | 7:50 |
| Finish | 1.80 | 8:08 | 4:31 | 16 | 1:36 | 55 | 7:59 | 9.40 | 41:12 | 4:22 | 17 | 8:02 | 54 | 10:05 |