



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: 13.11 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