



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

Detailed evaluation

Lodyga, Detlef

Club: Umbal Runners Racing Team  
Number: 212

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

Category:  
Männer 40 bis 49 Jahre

Total time: 41:25

Speed: 13.62 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 52 (of 373)

Rank in course/Men: 52 (of 286)

Best time in course: 31:07

Rank in category: 16(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	8:43	3:57	12	1:33	43	1:41	2.20	8:43	3:57	12	1:33	43	1:41
Rundenzeit	1.80	7:49	4:20	15	1:28	56	1:51	4.00	16:32	4:08	12	3:01	45	3:32
Rundenzeit	1.80	8:10	4:32	16	1:41	53	2:02	5.80	24:42	4:15	13	4:42	49	5:31
Rundenzeit	1.80	8:31	4:43	21	1:53	64	2:28	7.60	33:13	4:22	16	6:35	53	7:59
Finish	1.80	8:12	4:33	18	1:40	59	8:03	9.40	41:25	4:24	18	8:15	55	10:18