



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

Detailed evaluation

Wagner, Heiko

Club: SSV-MG-Ahlsdorf
Number: 394

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

Category:
Männer 50 bis 59 Jahre

Total time: 41:36

Speed: 12.98 km/h
Running performance: 4:26 min/km

Rank in course/Total: 54 (of 373)

Rank in course/Men: 54 (of 286)

Best time in course: 31:07

Rank in category: 7(of 80)

Best time in the category: 36:02

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	9:30	4:19	8	1:41	65	2:28	2.20	9:30	4:19	8	1:41	65	2:28
Rundenzeit	1.80	7:53	4:22	7	1:02	60	1:55	4.00	17:23	4:20	7	2:43	59	4:23
Rundenzeit	1.80	7:53	4:22	6	0:48	39	1:45	5.80	25:16	4:21	7	3:31	57	6:05
Rundenzeit	1.80	8:06	4:30	7	0:59	46	2:03	7.60	33:22	4:23	7	4:21	54	8:08
Finish	1.80	8:14	4:34	10	8:05	61	8:05	9.40	41:36	4:25	7	5:34	57	10:29