



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

Detailed evaluation

Fischer, Robert

Club: Das Bootcamp Leipzig
Number: 77

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

Category:
Männer 30 bis 39 Jahre

Total time: 42:17

Speed: 13.34 km/h
Running performance: 4:30 min/km

Rank in course/Total: 56 (of 373)

Rank in course/Men: 55 (of 286)

Best time in course: 31:07

Rank in category: 20(of 57)

Best time in the category: 31:07

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	9:03	4:06	20	2:01	51	2:01	2.20	9:03	4:06	20	2:01	51	2:01
Rundenzeit	1.80	8:11	4:32	25	2:13	72	2:13	4.00	17:14	4:18	21	4:14	56	4:14
Rundenzeit	1.80	8:32	4:44	26	2:24	77	2:24	5.80	25:46	4:26	22	6:35	60	6:35
Rundenzeit	1.80	8:28	4:42	21	2:25	61	2:25	7.60	34:14	4:30	21	9:00	59	9:00
Finish	1.80	8:03	4:28	18	2:12	50	7:54	9.40	42:17	4:29	20	11:10	58	11:10