



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Schmidt, Steffen

Club: Rarámuri
Number: 326

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

Category:
Männer 40 bis 49 Jahre

Total time: 42:37

Speed: 12.67 km/h
Running performance: 4:32 min/km

Rank in course/Total: 59 (of 373)

Rank in course/Men: 57 (of 286)

Best time in course: 31:07

Rank in category: 18(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	9:48	4:27	23	2:38	79	2:46	2.20	9:48	4:27	23	2:38	79	2:46
Rundenzeit	1.80	8:08	4:31	24	1:47	69	2:10	4.00	17:56	4:29	23	4:25	74	4:56
Rundenzeit	1.80	8:32	4:44	26	2:03	77	2:24	5.80	26:28	4:33	22	6:28	73	7:17
Rundenzeit	1.80	8:14	4:34	18	1:36	54	2:11	7.60	34:42	4:33	22	8:04	65	9:28
Finish	1.80	7:55	4:23	11	1:23	44	7:46	9.40	42:37	4:32	20	9:27	60	11:30