



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

Detailed evaluation

Witzenhausen, Dr. Clemens

Club: Sondershausen
Number: 418

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

Category:
Männer 40 bis 49 Jahre

Total time: 42:53

Speed: 12.59 km/h
Running performance: 4:34 min/km

Rank in course/Total: 61 (of 373)

Rank in course/Men: 59 (of 286)

Best time in course: 31:07

Rank in category: 19(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	8:41	3:56	11	1:31	42	1:39	2.20	8:41	3:56	11	1:31	42	1:39
Rundenzeit	1.80	7:50	4:21	17	1:29	58	1:52	4.00	16:31	4:07	11	3:00	44	3:31
Rundenzeit	1.80	8:27	4:41	23	1:58	70	2:19	5.80	24:58	4:18	17	4:58	53	5:47
Rundenzeit	1.80	8:48	4:53	29	2:10	84	2:45	7.60	33:46	4:26	18	7:08	56	8:32
Finish	1.80	9:07	5:03	30	2:35	103	8:58	9.40	42:53	4:33	21	9:43	62	11:46