



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Hansen, Stephan

Club: Göttingen

Number: 118

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 20 bis 29 Jahre

Total time: 33:09

Speed: 17.01 km/h

Running performance: 3:32 min/km

Rank in course/Total: 6 (of 373)

Rank in course/Men: 6 (of 286)

Best time in course: 31:07

Rank in category: 1(of 22)

Best time in the category: 33:09

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	7:11	3:15	2	0:02	8	0:09	2.20	7:11	3:15	2	0:02	8	0:09
Rundenzeit	1.80	6:19	3:30	1	-	5	0:21	4.00	13:30	3:22	1	-	6	0:30
Rundenzeit	1.80	6:28	3:35	1	-	5	0:20	5.80	19:58	3:26	1	-	6	0:47
Rundenzeit	1.80	6:38	3:41	1	-	6	0:35	7.60	26:36	3:30	1	-	6	1:22
Finish	1.80	6:33	3:38	1	-	10	6:24	9.40	33:09	3:31	1	-	6	2:02