



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

Detailed evaluation

Schönau, Mike

Club: Die Werkstatt Peter und Koch
Number: 333

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

Category:
Männer 30 bis 39 Jahre

Total time: 43:04

Speed: 13.10 km/h
Running performance: 4:35 min/km

Rank in course/Total: 66 (of 373)

Rank in course/Men: 64 (of 286)

Best time in course: 31:07

Rank in category: 23(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	9:02	4:06	19	2:00	50	2:00	2.20	9:02	4:06	19	2:00	50	2:00
Rundenzeit	1.80	8:15	4:34	26	2:17	75	2:17	4.00	17:17	4:19	22	4:17	57	4:17
Rundenzeit	1.80	8:37	4:47	27	2:29	82	2:29	5.80	25:54	4:27	23	6:43	61	6:43
Rundenzeit	1.80	8:50	4:54	29	2:47	86	2:47	7.60	34:44	4:34	24	9:30	66	9:30
Finish	1.80	8:20	4:37	24	2:29	68	8:11	9.40	43:04	4:34	23	11:57	67	11:57