



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

Detailed evaluation

Heck, Oliver

Club: Kelbra  
Number: 122

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

Category:  
Männer 30 bis 39 Jahre

Total time: 43:10

Speed: 13.07 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 67 (of 373)

Rank in course/Men: 65 (of 286)

Best time in course: 31:07

Rank in category: 24(of 57)

Best time in the category: 31:07

Control	Intermediate times						Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	8:27	3:50	12	1:25	31	1:25	2.20	8:27	3:50	12	1:25	31	1:25
Rundenzeit	1.80	7:43	4:17	20	1:45	50	1:45	4.00	16:10	4:02	16	3:10	38	3:10
Rundenzeit	1.80	9:01	5:00	31	2:53	108	2:53	5.80	25:11	4:20	20	6:00	54	6:00
Rundenzeit	1.80	9:29	5:16	33	3:26	123	3:26	7.60	34:40	4:33	23	9:26	63	9:26
Finish	1.80	8:30	4:43	29	2:39	76	8:21	9.40	43:10	4:35	24	12:03	68	12:03