



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

Detailed evaluation

Hilmer, Markus

Club: FiFi GÖ & Friends
Number: 134

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

Category:
Männer 40 bis 49 Jahre

Total time: 43:15

Speed: 12.49 km/h
Running performance: 4:36 min/km

Rank in course/Total: 69 (of 373)

Rank in course/Men: 67 (of 286)

Best time in course: 31:07

Rank in category: 22(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	9:38	4:22	20	2:28	72	2:36	2.20	9:38	4:22	20	2:28	72	2:36
Rundenzeit	1.80	7:54	4:23	19	1:33	61	1:56	4.00	17:32	4:23	19	4:01	63	4:32
Rundenzeit	1.80	8:03	4:28	13	1:34	46	1:55	5.80	25:35	4:24	19	5:35	58	6:24
Rundenzeit	1.80	8:24	4:40	19	1:46	56	2:21	7.60	33:59	4:28	19	7:21	57	8:45
Finish	1.80	9:16	5:08	34	2:44	113	9:07	9.40	43:15	4:36	24	10:05	70	12:08