



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

Detailed evaluation

Krauß, Raimund

Club: LV Einheit Greiz
Number: 182

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

Category:
Männer 70 bis 79 Jahre

Total time: 43:41

Speed: 12.91 km/h
Running performance: 4:39 min/km

Rank in course/Total: 74 (of 373)

Rank in course/Men: 72 (of 286)

Best time in course: 31:07

Rank in category: 1(of 6)

Best time in the category: 43:41

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	9:14	4:11	1	-	54	2:12	2.20	9:14	4:11	1	-	54	2:12
Rundenzeit	1.80	8:15	4:34	1	-	75	2:17	4.00	17:29	4:22	1	-	60	4:29
Rundenzeit	1.80	8:30	4:43	1	-	73	2:22	5.80	25:59	4:28	1	-	64	6:48
Rundenzeit	1.80	8:51	4:54	1	-	87	2:48	7.60	34:50	4:35	1	-	70	9:36
Finish	1.80	8:51	4:54	1	-	87	8:42	9.40	43:41	4:38	1	-	75	12:34