



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

Detailed evaluation

Hien, Peter

Club: Grubenwehr Bergwerk Ost
Number: 133

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

Category:
Männer 50 bis 59 Jahre

Total time: 43:59

Speed: 12.28 km/h
Running performance: 4:41 min/km

Rank in course/Total: 75 (of 373)

Rank in course/Men: 73 (of 286)

Best time in course: 31:07

Rank in category: 10(of 80)

Best time in the category: 36:02

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	10:54	4:57	27	3:05	135	3:52	2.20	10:54	4:57	27	3:05	135	3:52
Rundenzeit	1.80	8:19	4:37	11	1:28	79	2:21	4.00	19:13	4:48	23	4:33	109	6:13
Rundenzeit	1.80	8:22	4:38	9	1:17	64	2:14	5.80	27:35	4:45	18	5:50	100	8:24
Rundenzeit	1.80	8:13	4:33	8	1:06	49	2:10	7.60	35:48	4:42	13	6:47	83	10:34
Finish	1.80	8:11	4:32	9	8:02	58	8:02	9.40	43:59	4:40	10	7:57	76	12:52