



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

Detailed evaluation

Guenther, Ingo

Club: fce aue abt ski
Number: 107

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

Category:
Männer 40 bis 49 Jahre

Total time: 44:03

Speed: 12.26 km/h
Running performance: 4:41 min/km

Rank in course/Total: 77 (of 373)

Rank in course/Men: 74 (of 286)

Best time in course: 31:07

Rank in category: 24(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	10:03	4:34	27	2:53	89	3:01	2.20	10:03	4:34	27	2:53	89	3:01
Rundenzeit	1.80	8:13	4:33	27	1:52	74	2:15	4.00	18:16	4:33	26	4:45	85	5:16
Rundenzeit	1.80	8:33	4:45	28	2:04	80	2:25	5.80	26:49	4:37	26	6:49	80	7:38
Rundenzeit	1.80	8:35	4:46	24	1:57	70	2:32	7.60	35:24	4:39	26	8:46	78	10:10
Finish	1.80	8:39	4:48	22	2:07	79	8:30	9.40	44:03	4:41	26	10:53	77	12:56