



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Vogler, Janek

Club: Bielefeld
Number: 388

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

Category:
Männer 40 bis 49 Jahre

Total time: 44:07

Speed: 12.78 km/h
Running performance: 4:41 min/km

Rank in course/Total: 78 (of 373)

Rank in course/Men: 75 (of 286)

Best time in course: 31:07

Rank in category: 25(of 91)

Best time in the category: 33:10

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	9:55	4:30	26	2:45	84	2:53	2.20	9:55	4:30	26	2:45	84	2:53
Rundenzeit	1.80	8:02	4:27	20	1:41	62	2:04	4.00	17:57	4:29	24	4:26	75	4:57
Rundenzeit	1.80	8:32	4:44	26	2:03	77	2:24	5.80	26:29	4:33	23	6:29	74	7:18
Rundenzeit	1.80	8:45	4:51	28	2:07	82	2:42	7.60	35:14	4:38	23	8:36	74	10:00
Finish	1.80	8:53	4:56	24	2:21	89	8:44	9.40	44:07	4:41	27	10:57	78	13:00