



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

Detailed evaluation

Schwarzkopf, Helmut

Club: SV Kyffhäuser
Number: 349

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

Category:
Männer 60 bis 69 Jahre

Total time: 44:21

Speed: 12.18 km/h
Running performance: 4:43 min/km

Rank in course/Total: 79 (of 373)

Rank in course/Men: 76 (of 286)

Best time in course: 31:07

Rank in category: 3(of 20)

Best time in the category: 38:39

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	9:26	4:17	3	0:57	60	2:24	2.20	9:26	4:17	3	0:57	60	2:24
Rundenzeit	1.80	8:33	4:45	3	1:10	95	2:35	4.00	17:59	4:29	3	2:07	77	4:59
Rundenzeit	1.80	8:47	4:52	3	1:12	96	2:39	5.80	26:46	4:36	3	3:19	79	7:35
Rundenzeit	1.80	8:55	4:57	3	1:14	93	2:52	7.60	35:41	4:41	3	4:33	80	10:27
Finish	1.80	8:40	4:48	4	8:27	80	8:31	9.40	44:21	4:43	4	5:42	79	13:14