



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

Detailed evaluation

Ehrhold, Sascha

Club: Nordhausen
Number: 64

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

Category:
Männer 20 bis 29 Jahre

Total time: 44:25

Speed: 12.16 km/h
Running performance: 4:44 min/km

Rank in course/Total: 80 (of 373)

Rank in course/Men: 77 (of 286)

Best time in course: 31:07

Rank in category: 9(of 22)

Best time in the category: 33:09

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	9:16	4:12	8	2:07	55	2:14	2.20	9:16	4:12	8	2:07	55	2:14
Rundenzeit	1.80	8:22	4:38	10	2:03	84	2:24	4.00	17:38	4:24	8	4:08	66	4:38
Rundenzeit	1.80	8:46	4:52	10	2:18	92	2:38	5.80	26:24	4:33	8	6:26	71	7:13
Rundenzeit	1.80	8:54	4:56	9	2:16	91	2:51	7.60	35:18	4:38	9	8:42	76	10:04
Finish	1.80	9:07	5:03	13	2:34	103	8:58	9.40	44:25	4:43	9	11:16	80	13:18