



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

Detailed evaluation

Labs, Frank

Club: MTV Müden/Örtze
Number: 200

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

Category:
Männer 40 bis 49 Jahre

Total time: 44:28

Speed: 12.14 km/h
Running performance: 4:44 min/km

Rank in course/Total: 81 (of 373)

Rank in course/Men: 78 (of 286)

Best time in course: 31:07

Rank in category: 26(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	9:26	4:17	16	2:16	60	2:24	2.20	9:26	4:17	16	2:16	60	2:24
Rundenzeit	1.80	8:22	4:38	29	2:01	84	2:24	4.00	17:48	4:27	21	4:17	71	4:48
Rundenzeit	1.80	8:45	4:51	30	2:16	89	2:37	5.80	26:33	4:34	24	6:33	75	7:22
Rundenzeit	1.80	8:49	4:53	30	2:11	85	2:46	7.60	35:22	4:39	25	8:44	77	10:08
Finish	1.80	9:06	5:03	29	2:34	102	8:57	9.40	44:28	4:43	28	11:18	81	13:21