



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Mahlich, Burkhard

Club: Hannover

Number: 223

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 44:33

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 82 (of 373)

Rank in course/Men: 79 (of 286)

Best time in course: 31:07

Rank in category: 27(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	10:42	4:51	41	3:32	121	3:40	2.20	10:42	4:51	41	3:32	121	3:40
Rundenzeit	1.80	8:29	4:42	30	2:08	90	2:31	4.00	19:11	4:47	34	5:40	108	6:11
Rundenzeit	1.80	8:18	4:36	19	1:49	60	2:10	5.80	27:29	4:44	31	7:29	95	8:18
Rundenzeit	1.80	8:32	4:44	23	1:54	66	2:29	7.60	36:01	4:44	30	9:23	88	10:47
Finish	1.80	8:32	4:44	20	2:00	77	8:23	9.40	44:33	4:44	29	11:23	82	13:26