



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

Detailed evaluation

Pieper, Dirk

Club: Laufteam Wolfhagen
Number: 278

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

Category:
Männer 40 bis 49 Jahre

Total time: 44:42

Speed: 12.62 km/h
Running performance: 4:46 min/km

Rank in course/Total: 84 (of 373)

Rank in course/Men: 81 (of 286)

Best time in course: 31:07

Rank in category: 28(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	10:27	4:44	37	3:17	113	3:25	2.20	10:27	4:44	37	3:17	113	3:25
Rundenzeit	1.80	8:10	4:32	25	1:49	71	2:12	4.00	18:37	4:39	30	5:06	92	5:37
Rundenzeit	1.80	8:29	4:42	24	2:00	72	2:21	5.80	27:06	4:40	29	7:06	86	7:55
Rundenzeit	1.80	8:43	4:50	27	2:05	81	2:40	7.60	35:49	4:42	27	9:11	84	10:35
Finish	1.80	8:53	4:56	24	2:21	89	8:44	9.40	44:42	4:45	30	11:32	84	13:35