



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

Detailed evaluation

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Club: af-personal-training  
Number: 208

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

Category:  
Männer 40 bis 49 Jahre

Total time: 34:38

Speed: 16.28 km/h  
Running performance: 3:41 min/km

Rank in course/Total: 8 (of 373)

Rank in course/Men: 8 (of 286)

Best time in course: 31:07

Rank in category: 2(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	7:26	3:22	2	0:16	10	0:24	2.20	7:26	3:22	2	0:16	10	0:24
Rundenzeit	1.80	6:34	3:38	2	0:13	9	0:36	4.00	14:00	3:30	2	0:29	10	1:00
Rundenzeit	1.80	7:02	3:54	2	0:33	11	0:54	5.80	21:02	3:37	2	1:02	10	1:51
Rundenzeit	1.80	6:53	3:49	2	0:15	10	0:50	7.60	27:55	3:40	2	1:17	10	2:41
Finish	1.80	6:43	3:43	2	0:11	11	6:34	9.40	34:38	3:41	2	1:28	8	3:31