



# 18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

## Detailed evaluation

**Meyer, Frank**

Club: Running Man Sollstedt  
Number: 234

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

Category:  
Männer 50 bis 59 Jahre

Total time: 44:44

Speed: 12.61 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 85 (of 373)

Rank in course/Men: 82 (of 286)

Best time in course: 31:07

Rank in category: 11(of 80)

Best time in the category: 36:02

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	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	7	1:37	60	2:24	2.20	9:26	4:17	7	1:37	60	2:24
Rundenzeit	1.80	8:19	4:37	11	1:28	79	2:21	4.00	17:45	4:26	10	3:05	69	4:45
Rundenzeit	1.80	8:49	4:53	18	1:44	99	2:41	5.80	26:34	4:34	11	4:49	76	7:23
Rundenzeit	1.80	9:01	5:00	19	1:54	102	2:58	7.60	35:35	4:40	11	6:34	79	10:21
Finish	1.80	9:09	5:04	22	9:00	106	9:00	9.40	44:44	4:45	11	8:42	85	13:37