



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: 12.07 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

Intermediate times

Stage score

Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |