



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

Detailed evaluation

Borg-Krebs, Christian

Club: Kostheim
Number: 43

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

Category:
Männer 20 bis 29 Jahre

Total time: 45:07

Speed: 11.97 km/h
Running performance: 4:48 min/km

Rank in course/Total: 89 (of 373)

Rank in course/Men: 86 (of 286)

Best time in course: 31:07

Rank in category: 11(of 22)

Best time in the category: 33:09

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	11:15	5:06	16	4:06	159	4:13	2.20	11:15	5:06	16	4:06	159	4:13
Rundenzeit	1.80	8:38	4:47	11	2:19	105	2:40	4.00	19:53	4:58	14	6:23	134	6:53
Rundenzeit	1.80	8:23	4:39	8	1:55	65	2:15	5.80	28:16	4:52	11	8:18	108	9:05
Rundenzeit	1.80	8:26	4:41	8	1:48	58	2:23	7.60	36:42	4:49	11	10:06	98	11:28
Finish	1.80	8:25	4:40	9	1:52	72	8:16	9.40	45:07	4:47	11	11:58	89	14:00