



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

Detailed evaluation

Schiffner, Heiko

Club: BNL Brück
Number: 311

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

Category:
Männer 40 bis 49 Jahre

Total time: 45:08

Speed: 11.96 km/h
Running performance: 4:48 min/km

Rank in course/Total: 90 (of 373)

Rank in course/Men: 87 (of 286)

Best time in course: 31:07

Rank in category: 29(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	9:51	4:28	24	2:41	80	2:49	2.20	9:51	4:28	24	2:41	80	2:49
Rundenzeit	1.80	8:30	4:43	31	2:09	92	2:32	4.00	18:21	4:35	29	4:50	90	5:21
Rundenzeit	1.80	8:55	4:57	32	2:26	102	2:47	5.80	27:16	4:42	30	7:16	90	8:05
Rundenzeit	1.80	9:01	5:00	33	2:23	102	2:58	7.60	36:17	4:46	31	9:39	91	11:03
Finish	1.80	8:51	4:54	23	2:19	87	8:42	9.40	45:08	4:48	31	11:58	90	14:01