



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

Detailed evaluation

Bürger, Bernd

Club: TCSuhl
Number: 53

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

Category:
Männer 50 bis 59 Jahre

Total time: 45:12

Speed: 11.95 km/h
Running performance: 4:49 min/km

Rank in course/Total: 91 (of 373)

Rank in course/Men: 88 (of 286)

Best time in course: 31:07

Rank in category: 12(of 80)

Best time in the category: 36:02

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	10:03	4:34	17	2:14	89	3:01	2.20	10:03	4:34	17	2:14	89	3:01
Rundenzeit	1.80	8:35	4:46	17	1:44	99	2:37	4.00	18:38	4:39	16	3:58	93	5:38
Rundenzeit	1.80	8:47	4:52	16	1:42	96	2:39	5.80	27:25	4:43	14	5:40	92	8:14
Rundenzeit	1.80	9:00	5:00	17	1:53	100	2:57	7.60	36:25	4:47	14	7:24	92	11:11
Finish	1.80	8:47	4:52	16	8:38	85	8:38	9.40	45:12	4:48	12	9:10	91	14:05