



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

Detailed evaluation

Zander, Frank

Club: KSV Lützkendorf
Number: 427

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

Category:
Männer 50 bis 59 Jahre

Total time: 45:15

Speed: 12.46 km/h
Running performance: 4:49 min/km

Rank in course/Total: 92 (of 373)

Rank in course/Men: 89 (of 286)

Best time in course: 31:07

Rank in category: 13(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	10:18	4:40	22	2:29	108	3:16	2.20	10:18	4:40	22	2:29	108	3:16
Rundenzeit	1.80	8:33	4:45	15	1:42	95	2:35	4.00	18:51	4:42	19	4:11	99	5:51
Rundenzeit	1.80	8:42	4:49	14	1:37	87	2:34	5.80	27:33	4:45	17	5:48	99	8:22
Rundenzeit	1.80	8:56	4:57	15	1:49	95	2:53	7.60	36:29	4:48	15	7:28	94	11:15
Finish	1.80	8:46	4:52	15	8:37	84	8:37	9.40	45:15	4:48	13	9:13	92	14:08