



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

Detailed evaluation

Springwald, Thomas

Club: MTV Müden/Örtze
Number: 361

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

Category:
Männer 50 bis 59 Jahre

Total time: 45:52

Speed: 11.77 km/h
Running performance: 4:53 min/km

Rank in course/Total: 98 (of 373)

Rank in course/Men: 92 (of 286)

Best time in course: 31:07

Rank in category: 15(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	9:46	4:26	11	1:57	77	2:44	2.20	9:46	4:26	11	1:57	77	2:44
Rundenzeit	1.80	8:33	4:45	15	1:42	95	2:35	4.00	18:19	4:34	14	3:39	89	5:19
Rundenzeit	1.80	9:08	5:04	24	2:03	114	3:00	5.80	27:27	4:43	15	5:42	93	8:16
Rundenzeit	1.80	9:22	5:12	26	2:15	119	3:19	7.60	36:49	4:50	18	7:48	100	11:35
Finish	1.80	9:03	5:01	20	8:54	99	8:54	9.40	45:52	4:52	15	9:50	96	14:45