



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

Detailed evaluation

Flachowsky, Andreas

Club: Bonn  
Number: 78

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

Category:  
Männer 30 bis 39 Jahre

Total time: 46:18  
Speed: 11.66 km/h  
Running performance: 4:56 min/km  
Rank in course/Total: 106 (of 373)  
Rank in course/Men: 99 (of 286)  
Best time in course: 31:07  
Rank in category: 32(of 57)  
Best time in the category: 31:07

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	9:30	4:19	25	2:28	65	2:28	2.20	9:30	4:19	25	2:28	65	2:28
Rundenzeit	1.80	8:41	4:49	34	2:43	108	2:43	4.00	18:11	4:32	31	5:11	83	5:11
Rundenzeit	1.80	9:10	5:05	34	3:02	118	3:02	5.80	27:21	4:42	31	8:10	91	8:10
Rundenzeit	1.80	9:42	5:23	37	3:39	149	3:39	7.60	37:03	4:52	32	11:49	105	11:49
Finish	1.80	9:15	5:08	32	3:24	111	9:06	9.40	46:18	4:55	32	15:11	103	15:11