



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

Detailed evaluation

Jesche, Enrico

Club: Erfurt
Number: 164

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

Category:
Männer 40 bis 49 Jahre

Total time: 46:53

Speed: 11.52 km/h
Running performance: 4:59 min/km

Rank in course/Total: 110 (of 373)

Rank in course/Men: 103 (of 286)

Best time in course: 31:07

Rank in category: 30(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	10:28	4:45	38	3:18	114	3:26	2.20	10:28	4:45	38	3:18	114	3:26
Rundenzeit	1.80	8:45	4:51	34	2:24	114	2:47	4.00	19:13	4:48	35	5:42	109	6:13
Rundenzeit	1.80	9:00	5:00	33	2:31	106	2:52	5.80	28:13	4:51	33	8:13	107	9:02
Rundenzeit	1.80	9:16	5:08	38	2:38	113	3:13	7.60	37:29	4:55	34	10:51	109	12:15
Finish	1.80	9:24	5:13	37	2:52	121	9:15	9.40	46:53	4:59	32	13:43	107	15:46