



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

Detailed evaluation

Bauermeister, Thomas

Club: Langenhagen
Number: 15

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

Category:
Männer 40 bis 49 Jahre

Total time: 47:23

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 116 (of 373)

Rank in course/Men: 107 (of 286)

Best time in course: 31:07

Rank in category: 33(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	10:43	4:52	42	3:33	123	3:41	2.20	10:43	4:52	42	3:33	123	3:41
Rundenzeit	1.80	8:32	4:44	32	2:11	94	2:34	4.00	19:15	4:48	37	5:44	112	6:15
Rundenzeit	1.80	9:12	5:06	38	2:43	120	3:04	5.80	28:27	4:54	34	8:27	111	9:16
Rundenzeit	1.80	9:33	5:18	42	2:55	128	3:30	7.60	38:00	5:00	37	11:22	117	12:46
Finish	1.80	9:23	5:12	35	2:51	119	9:14	9.40	47:23	5:02	35	14:13	111	16:16