



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

Detailed evaluation

Riedel, Thoms

Club: Weitramsdorf
Number: 296

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

Category:
Männer 20 bis 29 Jahre

Total time: 47:58

Speed: 11.26 km/h
Running performance: 5:06 min/km

Rank in course/Total: 125 (of 373)

Rank in course/Men: 114 (of 286)

Best time in course: 31:07

Rank in category: 12(of 22)

Best time in the category: 33:09

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	10:53	4:56	11	3:44	133	3:51	2.20	10:53	4:56	11	3:44	133	3:51
Rundenzeit	1.80	8:54	4:56	13	2:35	126	2:56	4.00	19:47	4:56	12	6:17	128	6:47
Rundenzeit	1.80	9:52	5:28	15	3:24	165	3:44	5.80	29:39	5:06	14	9:41	140	10:28
Rundenzeit	1.80	9:14	5:07	13	2:36	110	3:11	7.60	38:53	5:06	13	12:17	134	13:39
Finish	1.80	9:05	5:02	12	2:32	101	8:56	9.40	47:58	5:06	12	14:49	118	16:51