



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

Detailed evaluation

Faustmann, Marcus

Club: Peakformance
Number: 70

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

Category:
Männer 30 bis 39 Jahre

Total time: 48:51

Speed: 11.55 km/h
Running performance: 5:12 min/km

Rank in course/Total: 141 (of 373)

Rank in course/Men: 126 (of 286)

Best time in course: 31:07

Rank in category: 36(of 57)

Best time in the category: 31:07

Control	Intermediate times				Stage score				Total ranking					
	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	10:40	4:50	35	3:38	120	3:38	2.20	10:40	4:50	35	3:38	120	3:38
Rundenzeit	1.80	9:13	5:07	38	3:15	144	3:15	4.00	19:53	4:58	38	6:53	134	6:53
Rundenzeit	1.80	9:29	5:16	38	3:21	138	3:21	5.80	29:22	5:03	38	10:11	135	10:11
Rundenzeit	1.80	10:10	5:38	39	4:07	172	4:07	7.60	39:32	5:12	38	14:18	143	14:18
Finish	1.80	9:19	5:10	33	3:28	116	9:10	9.40	48:51	5:11	36	17:44	130	17:44