



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

Detailed evaluation

Hofmann, Patrick

Club: Thüringer Fußballverband (TFV)
Number: 137

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

Category:
Männer 30 bis 39 Jahre

Total time: 36:17

Speed: 15.54 km/h
Running performance: 3:52 min/km

Rank in course/Total: 15 (of 373)

Rank in course/Men: 15 (of 286)

Best time in course: 31:07

Rank in category: 8(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	7:48	3:32	7	0:46	13	0:46	2.20	7:48	3:32	7	0:46	13	0:46
Rundenzeit	1.80	6:55	3:50	8	0:57	14	0:57	4.00	14:43	3:40	8	1:43	15	1:43
Rundenzeit	1.80	7:12	4:00	8	1:04	15	1:04	5.80	21:55	3:46	8	2:44	15	2:44
Rundenzeit	1.80	7:13	4:00	8	1:10	16	1:10	7.60	29:08	3:50	8	3:54	15	3:54
Finish	1.80	7:09	3:58	9	1:18	19	7:00	9.40	36:17	3:51	8	5:10	15	5:10