



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

Detailed evaluation

Janßen, David

Club: Cremlingen
Number: 149

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

Category:
Männer 20 bis 29 Jahre

Total time: 50:12

Speed: 10.76 km/h
Running performance: 5:20 min/km

Rank in course/Total: 160 (of 373)

Rank in course/Men: 142 (of 286)

Best time in course: 31:07

Rank in category: 14(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	10:59	4:59	13	3:50	145	3:57	2.20	10:59	4:59	13	3:50	145	3:57
Rundenzeit	1.80	9:20	5:11	16	3:01	160	3:22	4.00	20:19	5:04	16	6:49	145	7:19
Rundenzeit	1.80	9:42	5:23	13	3:14	158	3:34	5.80	30:01	5:10	15	10:03	152	10:50
Rundenzeit	1.80	10:05	5:36	15	3:27	167	4:02	7.60	40:06	5:16	15	13:30	157	14:52
Finish	1.80	10:06	5:36	15	3:33	162	9:57	9.40	50:12	5:20	14	17:03	146	19:05