



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: 11.24 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |