



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

Detailed evaluation

Dill, Matthiasl

Club: TSV Weitramsdorf
Number: 59

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

Category:
Männer 40 bis 49 Jahre

Total time: 50:16

Speed: 11.22 km/h
Running performance: 5:21 min/km

Rank in course/Total: 161 (of 373)

Rank in course/Men: 143 (of 286)

Best time in course: 31:07

Rank in category: 48(of 91)

Best time in the category: 33:10

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	48	3:43	133	3:51	2.20	10:53	4:56	48	3:43	133	3:51
Rundenzeit	1.80	8:55	4:57	41	2:34	128	2:57	4.00	19:48	4:57	45	6:17	130	6:48
Rundenzeit	1.80	9:54	5:30	60	3:25	167	3:46	5.80	29:42	5:07	46	9:42	142	10:31
Rundenzeit	1.80	10:07	5:37	60	3:29	169	4:04	7.60	39:49	5:14	50	13:11	149	14:35
Finish	1.80	10:27	5:48	61	3:55	175	10:18	9.40	50:16	5:20	50	17:06	147	19:09