



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

Detailed evaluation

Esser, Tim

Club: SSV Merten  
Number: 68

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

Category:  
Männer 20 bis 29 Jahre

Total time: 51:01

Speed: 10.58 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 171 (of 373)

Rank in course/Men: 151 (of 286)

Best time in course: 31:07

Rank in category: 16(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	12:17	5:34	19	5:08	203	5:15	2.20	12:17	5:34	19	5:08	203	5:15
Rundenzeit	1.80	9:22	5:12	18	3:03	164	3:24	4.00	21:39	5:24	18	8:09	182	8:39
Rundenzeit	1.80	10:18	5:43	17	3:50	192	4:10	5.80	31:57	5:30	18	11:59	185	12:46
Rundenzeit	1.80	10:15	5:41	16	3:37	175	4:12	7.60	42:12	5:33	18	15:36	183	16:58
Finish	1.80	8:49	4:53	10	2:16	86	8:40	9.40	51:01	5:25	16	17:52	155	19:54