



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

Detailed evaluation

Meyer, Thomas

Club: Da müssen wir durch  
Number: 235

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

Category:  
Männer 40 bis 49 Jahre

Total time: 50:53

Speed: 10.61 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 170 (of 373)

Rank in course/Men: 150 (of 286)

Best time in course: 31:07

Rank in category: 51(of 91)

Best time in the category: 33:10

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	10:49	4:54	45	3:39	128	3:47	2.20	10:49	4:54	45	3:39	128	3:47
Rundenzeit	1.80	9:42	5:23	67	3:21	183	3:44	4.00	20:31	5:07	52	7:00	150	7:31
Rundenzeit	1.80	10:27	5:48	72	3:58	200	4:19	5.80	30:58	5:20	62	10:58	171	11:47
Rundenzeit	1.80	10:19	5:43	63	3:41	178	4:16	7.60	41:17	5:25	61	14:39	171	16:03
Finish	1.80	9:36	5:19	44	3:04	136	9:27	9.40	50:53	5:24	53	17:43	154	19:46