



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

Detailed evaluation

Mihm, Thomas

Club: Selbstläufer
Number: 238

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

Category:
Männer 40 bis 49 Jahre

Total time: 51:08

Speed: 10.56 km/h
Running performance: 5:26 min/km

Rank in course/Total: 172 (of 373)

Rank in course/Men: 152 (of 286)

Best time in course: 31:07

Rank in category: 52(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 | 10:51 | 4:55 | 47 | 3:41 | 131 | 3:49 | 2.20 | 10:51 | 4:55 | 47 | 3:41 | 131 | 3:49 |
| Rundenzeit | 1.80 | 9:41 | 5:22 | 66 | 3:20 | 182 | 3:43 | 4.00 | 20:32 | 5:08 | 54 | 7:01 | 152 | 7:32 |
| Rundenzeit | 1.80 | 10:27 | 5:48 | 72 | 3:58 | 200 | 4:19 | 5.80 | 30:59 | 5:20 | 63 | 10:59 | 172 | 11:48 |
| Rundenzeit | 1.80 | 10:21 | 5:45 | 65 | 3:43 | 181 | 4:18 | 7.60 | 41:20 | 5:26 | 62 | 14:42 | 172 | 16:06 |
| Finish | 1.80 | 9:48 | 5:26 | 54 | 3:16 | 153 | 9:39 | 9.40 | 51:08 | 5:26 | 54 | 17:58 | 156 | 20:01 |