



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: 11.03 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