



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

Detailed evaluation

**Manthee, Rene**

Club: LG Telis Finanz Regensburg  
Number: 227

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

Category:  
Männer 30 bis 39 Jahre

Total time: 31:07

Speed: 17.35 km/h  
Running performance: 3:19 min/km

Rank in course/Total: 1 (of 373)

Rank in course/Men: 1 (of 286)

Best time in course: 31:07

Rank in category: 1(of 57)

Best time in the category: 31:07

Intermediate times

Stage score

Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Rundenzeit | 2.20        | 7:05          | 3:13            | 4           | 0:03           | 4           | 0:03          | 2.20          | 7:05          | 3:13            | 4           | 0:03           | 4          | 0:03          |
| Rundenzeit | 1.80        | 5:58          | 3:18            | 1           | -              | 1           | -             | 4.00          | 13:03         | 3:15            | 2           | 0:03           | 2          | 0:03          |
| Rundenzeit | 1.80        | 6:08          | 3:24            | 1           | -              | 1           | -             | 5.80          | 19:11         | 3:18            | 1           | -              | 1          | -             |
| Rundenzeit | 1.80        | 6:03          | 3:21            | 1           | -              | 1           | -             | 7.60          | 25:14         | 3:19            | 1           | -              | 1          | -             |
| Finish     | 1.80        | 5:53          | 3:16            | 2           | 0:02           | 5           | 5:44          | 9.40          | 31:07         | 3:18            | 1           | -              | 1          | -             |