



# 18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

## Detailed evaluation

**Mackensen, Sylvester**

Club: SV Nordhausen 90  
Number: 222

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

Category:  
Männer 40 bis 49 Jahre

Total time: 37:14

Speed: 14.50 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 19 (of 373)

Rank in course/Men: 19 (of 286)

Best time in course: 31:07

Rank in category: 3(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	8:12	3:43	4	1:02	20	1:10	2.20	8:12	3:43	4	1:02	20	1:10
Rundenzeit	1.80	7:07	3:57	3	0:46	19	1:09	4.00	15:19	3:49	3	1:48	16	2:19
Rundenzeit	1.80	7:13	4:00	3	0:44	17	1:05	5.80	22:32	3:53	3	2:32	17	3:21
Rundenzeit	1.80	7:21	4:04	3	0:43	19	1:18	7.60	29:53	3:55	3	3:15	19	4:39
Finish	1.80	7:21	4:04	3	0:49	24	7:12	9.40	37:14	3:57	3	4:04	19	6:07