



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Neske, Thomas

Club: Angström
Number: 254

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

Category:
Männer 30 bis 39 Jahre

Total time: 53:51

Speed: 10.47 km/h
Running performance: 5:44 min/km

Rank in course/Total: 213 (of 373)

Rank in course/Men: 181 (of 286)

Best time in course: 31:07

Rank in category: 41(of 57)

Best time in the category: 31:07

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	12:10	5:31	43	5:08	195	5:08	2.20	12:10	5:31	43	5:08	195	5:08
Rundenzeit	1.80	9:47	5:26	44	3:49	190	3:49	4.00	21:57	5:29	42	8:57	191	8:57
Rundenzeit	1.80	10:09	5:38	41	4:01	185	4:01	5.80	32:06	5:32	42	12:55	187	12:55
Rundenzeit	1.80	10:50	6:01	44	4:47	205	4:47	7.60	42:56	5:38	42	17:42	192	17:42
Finish	1.80	10:55	6:03	44	5:04	197	10:46	9.40	53:51	5:43	41	22:44	185	22:44