



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

Detailed evaluation

Glaßl, Jens

Club: Böhlen  
Number: 92

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

Category:  
Männer 40 bis 49 Jahre

Total time: 54:16

Speed: 9.95 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 220 (of 373)

Rank in course/Men: 187 (of 286)

Best time in course: 31:07

Rank in category: 66(of 91)

Best time in the category: 33:10

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        | 13:14         | 6:00            | 85          | 6:04           | 241         | 6:12          | 2.20          | 13:14         | 6:00            | 85          | 6:04           | 241        | 6:12          |
| Rundenzeit | 1.80        | 9:39          | 5:21            | 63          | 3:18           | 177         | 3:41          | 4.00          | 22:53         | 5:43            | 79          | 9:22           | 216        | 9:53          |
| Rundenzeit | 1.80        | 9:53          | 5:29            | 59          | 3:24           | 166         | 3:45          | 5.80          | 32:46         | 5:38            | 73          | 12:46          | 202        | 13:35         |
| Rundenzeit | 1.80        | 10:46         | 5:58            | 73          | 4:08           | 202         | 4:43          | 7.60          | 43:32         | 5:43            | 71          | 16:54          | 198        | 18:18         |
| Finish     | 1.80        | 10:44         | 5:57            | 66          | 4:12           | 190         | 10:35         | 9.40          | 54:16         | 5:46            | 68          | 21:06          | 191        | 23:09         |