



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

Detailed evaluation

Hamacher, Marc

Club: TRIMONES - Siersdorf
Number: 116

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

Category:
Männer 40 bis 49 Jahre

Total time: 55:27

Speed: 10.17 km/h
Running performance: 5:54 min/km

Rank in course/Total: 243 (of 373)

Rank in course/Men: 205 (of 286)

Best time in course: 31:07

Rank in category: 73(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.20	12:56	5:52	83	5:46	233	5:54	2.20	12:56	5:52	83	5:46	233	5:54				
Rundenzeit	1.80	9:15	5:08	49	2:54	147	3:17	4.00	22:11	5:32	70	8:40	200	9:11				
Rundenzeit	1.80	8:31	4:43	25	2:02	76	2:23	5.80	30:42	5:17	57	10:42	165	11:31				
Rundenzeit	1.80	8:10	4:32	13	1:32	47	2:07	7.60	38:52	5:06	42	12:14	133	13:38				
Finish	1.80	16:35	9:12	81	10:03	258	16:26	9.40	55:27	5:53	75	22:17	209	24:20				