



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

Detailed evaluation

Reidick, Jörm

Club: Dinslaken  
Number: 291

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

Category:  
Männer 20 bis 29 Jahre

Total time: 56:56

Speed: 9.48 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 262 (of 373)

Rank in course/Men: 215 (of 286)

Best time in course: 31:07

Rank in category: 22(of 22)

Best time in the category: 33:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	13:10	5:59	22	6:01	239	6:08	2.20	13:10	5:59	22	6:01	239	6:08
Rundenzeit	1.80	10:20	5:44	20	4:01	219	4:22	4.00	23:30	5:52	22	10:00	236	10:30
Rundenzeit	1.80	10:49	6:00	20	4:21	220	4:41	5.80	34:19	5:55	21	14:21	227	15:08
Rundenzeit	1.80	11:42	6:29	22	5:04	241	5:39	7.60	46:01	6:03	22	19:25	232	20:47
Finish	1.80	10:55	6:03	21	4:22	197	10:46	9.40	56:56	6:03	22	23:47	219	25:49