



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

Detailed evaluation

Elsing, Thomas

Club: Dinslaken  
Number: 66

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

Category:  
Männer 40 bis 49 Jahre

Total time: 57:29

Speed: 9.39 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 273 (of 373)

Rank in course/Men: 223 (of 286)

Best time in course: 31:07

Rank in category: 77(of 91)

Best time in the category: 33:10

Intermediate times

Stage score

Total ranking

Control	Split				Stage score				Total ranking					
	km	Time	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	12:30	5:40	74	5:20	216	5:28	2.20	12:30	5:40	74	5:20	216	5:28
Rundenzeit	1.80	10:43	5:57	83	4:22	238	4:45	4.00	23:13	5:48	82	9:42	225	10:13
Rundenzeit	1.80	11:18	6:16	84	4:49	244	5:10	5.80	34:31	5:57	82	14:31	230	15:20
Rundenzeit	1.80	11:28	6:22	78	4:50	232	5:25	7.60	45:59	6:03	81	19:21	231	20:45
Finish	1.80	11:30	6:23	72	4:58	219	11:21	9.40	57:29	6:06	79	24:19	227	26:22