



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

Detailed evaluation

Thomalla, Michael

Club: TCT
Number: 378

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

Category:
Männer 50 bis 59 Jahre

Total time: 58:44
Speed: 9.19 km/h
Running performance: 6:15 min/km
Rank in course/Total: 289 (of 373)
Rank in course/Men: 231 (of 286)
Best time in course: 31:07
Rank in category: 59(of 80)
Best time in the category: 36:02

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	13:25	6:05	64	5:36	251	6:23	2.20	13:25	6:05	64	5:36	251	6:23
Rundenzeit	1.80	10:49	6:00	63	3:58	246	4:51	4.00	24:14	6:03	63	9:34	251	11:14
Rundenzeit	1.80	11:14	6:14	63	4:09	239	5:06	5.80	35:28	6:06	62	13:43	248	16:17
Rundenzeit	1.80	11:10	6:12	57	4:03	222	5:07	7.60	46:38	6:08	61	17:37	243	21:24
Finish	1.80	12:06	6:43	63	11:57	234	11:57	9.40	58:44	6:14	59	22:42	235	27:37