



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

Detailed evaluation

Schramm, Tobias

Club: sc implus erfurt
Number: 436

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

Category:
Männer 40 bis 49 Jahre

Total time: 39:02

Speed: 13.83 km/h
Running performance: 4:09 min/km

Rank in course/Total: 29 (of 373)

Rank in course/Men: 29 (of 286)

Best time in course: 31:07

Rank in category: 5(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.	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	8:28	3:50	8	1:18	34	1:26	2.20	8:28	3:50	8	1:18	34	1:26
Rundenzeit	1.80	7:25	4:07	7	1:04	33	1:27	4.00	15:53	3:58	6	2:22	32	2:53
Rundenzeit	1.80	7:37	4:13	7	1:08	29	1:29	5.80	23:30	4:03	6	3:30	30	4:19
Rundenzeit	1.80	7:46	4:18	7	1:08	30	1:43	7.60	31:16	4:06	5	4:38	29	6:02
Finish	1.80	7:46	4:18	7	1:14	39	7:37	9.40	39:02	4:09	5	5:52	29	7:55