



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

Detailed evaluation

Litzke, Toni

Club: SV Blau-Weiß Zorbau
Number: 211

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

Category:
Männer 20 bis 29 Jahre

Total time: 39:13

Speed: 13.77 km/h
Running performance: 4:10 min/km

Rank in course/Total: 31 (of 373)

Rank in course/Men: 31 (of 286)

Best time in course: 31:07

Rank in category: 5(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	8:11	3:43	4	1:02	18	1:09	2.20	8:11	3:43	4	1:02	18	1:09
Rundenzeit	1.80	7:26	4:07	4	1:07	34	1:28	4.00	15:37	3:54	4	2:07	23	2:37
Rundenzeit	1.80	8:02	4:27	5	1:34	45	1:54	5.80	23:39	4:04	5	3:41	32	4:28
Rundenzeit	1.80	7:57	4:25	5	1:19	38	1:54	7.60	31:36	4:09	5	5:00	32	6:22
Finish	1.80	7:37	4:13	5	1:04	32	7:28	9.40	39:13	4:10	5	6:04	31	8:06