



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Bissot, Jörg

Club: TSV Weitramsdorf
Number: 35

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:07:40

Speed: 7.98 km/h
Running performance: 7:12 min/km

Rank in course/Total: 345 (of 373)

Rank in course/Men: 270 (of 286)

Best time in course: 31:07

Rank in category: 86(of 91)

Best time in the category: 33:10

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	13:41	6:13	88	6:31	263	6:39	2.20	13:41	6:13	88	6:31	263	6:39
Rundenzeit	1.80	10:31	5:50	82	4:10	225	4:33	4.00	24:12	6:02	86	10:41	249	11:12
Rundenzeit	1.80	10:35	5:52	77	4:06	209	4:27	5.80	34:47	5:59	83	14:47	241	15:36
Rundenzeit	1.80	11:00	6:06	75	4:22	214	4:57	7.60	45:47	6:01	80	19:09	224	20:33
Finish	1.80	21:53	12:09	87	15:21	275	21:44	9.40	1:07:40	7:11	88	34:30	278	36:33