



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: 8.33 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

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 | 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 |