



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

Detailed evaluation

Sisolefski, Alexander

Club: Sondershausen
Number: 172

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:09:07

Speed: 7.81 km/h
Running performance: 7:21 min/km

Rank in course/Total: 348 (of 373)

Rank in course/Men: 272 (of 286)

Best time in course: 31:07

Rank in category: 54(of 57)

Best time in the category: 31:07

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	13:32	6:09	53	6:30	257	6:30	2.20	13:32	6:09	53	6:30	257	6:30
Rundenzeit	1.80	10:36	5:53	51	4:38	229	4:38	4.00	24:08	6:01	53	11:08	246	11:08
Rundenzeit	1.80	10:35	5:52	45	4:27	209	4:27	5.80	34:43	5:59	50	15:32	237	15:32
Rundenzeit	1.80	11:22	6:18	50	5:19	227	5:19	7.60	46:05	6:03	50	20:51	233	20:51
Finish	1.80	23:02	12:47	55	17:11	279	22:53	9.40	1:09:07	7:21	55	38:00	280	38:00