



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

Detailed evaluation

Sojka, Thorsten

Club: Hamburg
Number: 358

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:10:53

Speed: 7.62 km/h
Running performance: 7:32 min/km

Rank in course/Total: 353 (of 373)

Rank in course/Men: 275 (of 286)

Best time in course: 31:07

Rank in category: 88(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	12:41	5:45	77	5:31	223	5:39	2.20	12:41	5:45	77	5:31	223	5:39
Rundenzeit	1.80	10:25	5:47	80	4:04	221	4:27	4.00	23:06	5:46	81	9:35	222	10:06
Rundenzeit	1.80	11:57	6:38	87	5:28	256	5:49	5.80	35:03	6:02	84	15:03	244	15:52
Rundenzeit	1.80	12:47	7:06	86	6:09	264	6:44	7.60	47:50	6:17	85	21:12	254	22:36
Finish	1.80	23:03	12:48	89	16:31	281	22:54	9.40	1:10:53	7:32	90	37:43	283	39:46