



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

Detailed evaluation

Torbahn, Thomas

Club: Familie Torbahn
Number: 380

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

Category:
Männer 40 bis 49 Jahre

Total time: 39:54

Speed: 13.53 km/h
Running performance: 4:14 min/km

Rank in course/Total: 37 (of 373)

Rank in course/Men: 37 (of 286)

Best time in course: 31:07

Rank in category: 8(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	8:39	3:55	10	1:29	41	1:37	2.20	8:39	3:55	10	1:29	41	1:37
Rundenzeit	1.80	7:32	4:11	10	1:11	39	1:34	4.00	16:11	4:02	9	2:40	39	3:11
Rundenzeit	1.80	7:53	4:22	10	1:24	39	1:45	5.80	24:04	4:08	8	4:04	35	4:53
Rundenzeit	1.80	7:57	4:25	9	1:19	38	1:54	7.60	32:01	4:12	7	5:23	34	6:47
Finish	1.80	7:53	4:22	10	1:21	43	7:44	9.40	39:54	4:14	8	6:44	38	8:47