



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

Detailed evaluation

Walleit, Pascal

Club: LG Bad Frankenhausen/Göllingen  
Number: 396

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

Category:  
Männer 20 bis 29 Jahre

Total time: 41:00

Speed: 13.76 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 47 (of 373)

Rank in course/Men: 47 (of 286)

Best time in course: 31:07

Rank in category: 6(of 22)

Best time in the category: 33:09

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	8:31	3:52	6	1:22	37	1:29	2.20	8:31	3:52	6	1:22	37	1:29
Rundenzeit	1.80	7:42	4:16	7	1:23	49	1:44	4.00	16:13	4:03	7	2:43	41	3:13
Rundenzeit	1.80	8:12	4:33	7	1:44	56	2:04	5.80	24:25	4:12	7	4:27	44	5:14
Rundenzeit	1.80	8:25	4:40	7	1:47	57	2:22	7.60	32:50	4:19	6	6:14	46	7:36
Finish	1.80	8:10	4:32	7	1:37	57	8:01	9.40	41:00	4:21	6	7:51	50	9:53