



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

Detailed evaluation

Warlich, Jens

Club: TV Germania Wiedelah
Number: 397

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

Category:
Männer 40 bis 49 Jahre

Total time: 41:11

Speed: 13.69 km/h
Running performance: 4:23 min/km

Rank in course/Total: 50 (of 373)

Rank in course/Men: 50 (of 286)

Best time in course: 31:07

Rank in category: 14(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	9:20	4:14	15	2:10	57	2:18	2.20	9:20	4:14	15	2:10	57	2:18
Rundenzeit	1.80	7:47	4:19	14	1:26	55	1:49	4.00	17:07	4:16	17	3:36	54	4:07
Rundenzeit	1.80	8:04	4:28	14	1:35	48	1:56	5.80	25:11	4:20	18	5:11	54	6:00
Rundenzeit	1.80	8:01	4:27	11	1:23	42	1:58	7.60	33:12	4:22	15	6:34	52	7:58
Finish	1.80	7:59	4:26	13	1:27	49	7:50	9.40	41:11	4:22	16	8:01	53	10:04