



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

Detailed evaluation

Sauthoff, Dean

Club: Umbal Runners  
Number: 303

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

Category:  
Männer 20 bis 29 Jahre

Total time: 41:26

Speed: 13.61 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 53 (of 373)

Rank in course/Men: 53 (of 286)

Best time in course: 31:07

Rank in category: 7(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	8:14	3:44	5	1:05	22	1:12	2.20	8:14	3:44	5	1:05	22	1:12
Rundenzeit	1.80	7:31	4:10	6	1:12	37	1:33	4.00	15:45	3:56	5	2:15	28	2:45
Rundenzeit	1.80	8:28	4:42	9	2:00	71	2:20	5.80	24:13	4:10	6	4:15	38	5:02
Rundenzeit	1.80	8:56	4:57	11	2:18	95	2:53	7.60	33:09	4:21	7	6:33	51	7:55
Finish	1.80	8:17	4:36	8	1:44	64	8:08	9.40	41:26	4:24	7	8:17	56	10:19