



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

Detailed evaluation

Jahn, Udo

Club: Sesslach
Number: 147

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

Category:
Männer 40 bis 49 Jahre

Total time: 43:12

Speed: 12.50 km/h
Running performance: 4:36 min/km

Rank in course/Total: 68 (of 373)

Rank in course/Men: 66 (of 286)

Best time in course: 31:07

Rank in category: 21(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	9:27	4:17	17	2:17	64	2:25	2.20	9:27	4:17	17	2:17	64	2:25
Rundenzeit	1.80	8:07	4:30	23	1:46	68	2:09	4.00	17:34	4:23	20	4:03	64	4:34
Rundenzeit	1.80	8:25	4:40	22	1:56	67	2:17	5.80	25:59	4:28	20	5:59	64	6:48
Rundenzeit	1.80	8:39	4:48	26	2:01	79	2:36	7.60	34:38	4:33	20	8:00	62	9:24
Finish	1.80	8:34	4:45	21	2:02	78	8:25	9.40	43:12	4:35	23	10:02	69	12:05