



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Lokajczyk, Thomas

Club: SG Stern Hamburg
Number: 214

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

Category:
Männer 50 bis 59 Jahre

Total time: 43:27

Speed: 12.43 km/h
Running performance: 4:37 min/km

Rank in course/Total: 72 (of 373)

Rank in course/Men: 70 (of 286)

Best time in course: 31:07

Rank in category: 9(of 80)

Best time in the category: 36:02

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	10:06	4:35	19	2:17	96	3:04	2.20	10:06	4:35	19	2:17	96	3:04
Rundenzeit	1.80	8:03	4:28	9	1:12	64	2:05	4.00	18:09	4:32	11	3:29	81	5:09
Rundenzeit	1.80	8:16	4:35	8	1:11	58	2:08	5.80	26:25	4:33	10	4:40	72	7:14
Rundenzeit	1.80	8:33	4:45	9	1:26	67	2:30	7.60	34:58	4:36	10	5:57	72	9:44
Finish	1.80	8:29	4:42	13	8:20	75	8:20	9.40	43:27	4:37	9	7:25	73	12:20