



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

Detailed evaluation

Thomas, Sebastian

Club: Lauffeuer  
Number: 379

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

Category:  
Männer 30 bis 39 Jahre

Total time: 43:29

Speed: 12.42 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 73 (of 373)

Rank in course/Men: 71 (of 286)

Best time in course: 31:07

Rank in category: 26(of 57)

Best time in the category: 31:07

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	10:05	4:34	30	3:03	94	3:03	2.20	10:05	4:34	30	3:03	94	3:03
Rundenzeit	1.80	7:43	4:17	20	1:45	50	1:45	4.00	17:48	4:27	26	4:48	71	4:48
Rundenzeit	1.80	8:20	4:37	22	2:12	63	2:12	5.80	26:08	4:30	25	6:57	66	6:57
Rundenzeit	1.80	8:38	4:47	27	2:35	76	2:35	7.60	34:46	4:34	26	9:32	68	9:32
Finish	1.80	8:43	4:50	30	2:52	82	8:34	9.40	43:29	4:37	26	12:22	74	12:22