



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

Detailed evaluation

Thurm, Ingo

Club: sc implus erfurt  
Number: 435

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

Category:  
Männer 40 bis 49 Jahre

Total time: 33:10

Speed: 16.28 km/h  
Running performance: 3:32 min/km

Rank in course/Total: 7 (of 373)

Rank in course/Men: 7 (of 286)

Best time in course: 31:07

Rank in category: 1(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	7:10	3:15	1	-	7	0:08	2.20	7:10	3:15	1	-	7	0:08
Rundenzeit	1.80	6:21	3:31	1	-	6	0:23	4.00	13:31	3:22	1	-	7	0:31
Rundenzeit	1.80	6:29	3:36	1	-	7	0:21	5.80	20:00	3:26	1	-	7	0:49
Rundenzeit	1.80	6:38	3:41	1	-	6	0:35	7.60	26:38	3:30	1	-	7	1:24
Finish	1.80	6:32	3:37	1	-	9	6:23	9.40	33:10	3:31	1	-	7	2:03