



# 18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

## Detailed evaluation

**Tauber, Kay**

Club: Team Kyffhäuser Bike and Run  
Number: 373

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

Category:  
Männer 30 bis 39 Jahre

Total time: 47:30

Speed: 11.87 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 117 (of 373)

Rank in course/Men: 108 (of 286)

Best time in course: 31:07

Rank in category: 34(of 57)

Best time in the category: 31:07

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	10:15	4:39	31	3:13	104	3:13	2.20	10:15	4:39	31	3:13	104	3:13
Rundenzeit	1.80	8:41	4:49	34	2:43	108	2:43	4.00	18:56	4:44	33	5:56	100	5:56
Rundenzeit	1.80	9:22	5:12	36	3:14	130	3:14	5.80	28:18	4:52	34	9:07	109	9:07
Rundenzeit	1.80	9:37	5:20	36	3:34	138	3:34	7.60	37:55	4:59	35	12:41	115	12:41
Finish	1.80	9:35	5:19	35	3:44	134	9:26	9.40	47:30	5:03	34	16:23	112	16:23