



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

Detailed evaluation

Wabroschek, Uwe

Club: SV Heilgersdorf
Number: 392

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

Category:
Männer 40 bis 49 Jahre

Total time: 48:16

Speed: 11.19 km/h
Running performance: 5:08 min/km

Rank in course/Total: 134 (of 373)

Rank in course/Men: 122 (of 286)

Best time in course: 31:07

Rank in category: 38(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	11:33	5:15	61	4:23	173	4:31	2.20	11:33	5:15	61	4:23	173	4:31
Rundenzeit	1.80	9:19	5:10	54	2:58	157	3:21	4.00	20:52	5:13	59	7:21	165	7:52
Rundenzeit	1.80	9:08	5:04	36	2:39	114	3:00	5.80	30:00	5:10	50	10:00	150	10:49
Rundenzeit	1.80	9:13	5:07	36	2:35	108	3:10	7.60	39:13	5:09	44	12:35	137	13:59
Finish	1.80	9:03	5:01	28	2:31	99	8:54	9.40	48:16	5:08	40	15:06	126	17:09