



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

Detailed evaluation

Gäbe, Enrico

Club: SV Kyffhäuser
Number: 84

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

Category:
Männer 30 bis 39 Jahre

Total time: 36:40

Speed: 14.73 km/h
Running performance: 3:54 min/km

Rank in course/Total: 16 (of 373)

Rank in course/Men: 16 (of 286)

Best time in course: 31:07

Rank in category: 9(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	8:18	3:46	11	1:16	23	1:16	2.20	8:18	3:46	11	1:16	23	1:16
Rundenzeit	1.80	7:03	3:54	9	1:05	16	1:05	4.00	15:21	3:50	10	2:21	19	2:21
Rundenzeit	1.80	7:13	4:00	9	1:05	17	1:05	5.80	22:34	3:53	9	3:23	19	3:23
Rundenzeit	1.80	7:17	4:02	9	1:14	18	1:14	7.60	29:51	3:55	9	4:37	18	4:37
Finish	1.80	6:49	3:47	6	0:58	12	6:40	9.40	36:40	3:54	9	5:33	16	5:33