



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

Detailed evaluation

Käbisch, Jan

Club: Felt-Freak Leipzig
Number: 153

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:07:18

Speed: 8.02 km/h
Running performance: 7:10 min/km

Rank in course/Total: 340 (of 373)

Rank in course/Men: 267 (of 286)

Best time in course: 31:07

Rank in category: 53(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.20	11:59	5:26	41	4:57	186	4:57	2.20	11:59	5:26	41	4:57	186	4:57				
Rundenzeit	1.80	10:02	5:34	45	4:04	202	4:04	4.00	22:01	5:30	44	9:01	194	9:01				
Rundenzeit	1.80	11:01	6:07	48	4:53	227	4:53	5.80	33:02	5:41	44	13:51	205	13:51				
Rundenzeit	1.80	11:23	6:19	51	5:20	228	5:20	7.60	44:25	5:50	46	19:11	213	19:11				
Finish	1.80	22:53	12:42	54	17:02	277	22:44	9.40	1:07:18	7:09	54	36:11	275	36:11				