



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Gäbe, Enrico

Club: SV Kyffhäuser
Number: 120

Course: 10.50 km
10 km (680 m unter der Erdoberfläche)

Category:
Männer 30 bis 39 Jahre

Total time: 39:19

Speed: 15.26 km/h
Running performance: 3:44 min/km

Rank in course/Total: 8 (of 389)

Rank in course/Men: 8 (of 301)

Best time in course: 32:58

Rank in category: 4(of 68)

Best time in the category: 32:58

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	2.10	7:59	3:48	6	1:37	14	1:37	2.10	7:59	3:48	6	1:37	14	1:37
Rundenzeit	2.10	7:55	3:46	5	1:23	11	6:17	4.20	15:54	3:47	6	3:00	12	3:00
Rundenzeit	2.10	7:59	3:48	5	1:19	10	1:19	6.30	23:53	3:47	5	4:19	10	4:19
Rundenzeit	2.10	7:51	3:44	4	1:11	7	1:11	8.40	31:44	3:46	5	5:30	10	5:30
Finish	2.10	7:35	3:36	3	0:51	4	0:51	10.50	39:19	3:44	4	6:21	8	6:21