



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Kaebisch, Jan**

Club: Team Hemmschuh  
Number: 190

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

Category:  
Männer 30 bis 39 Jahre

Total time: 56:07

Speed: 10.69 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 175 (of 389)

Rank in course/Men: 152 (of 301)

Best time in course: 32:58

Rank in category: 45(of 68)

Best time in the category: 32:58

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	2.10	12:05	5:45	47	5:43	186	5:43	2.10	12:05	5:45	47	5:43	186	5:43
Rundenzeit	2.10	10:35	5:02	43	4:03	143	8:57	4.20	22:40	5:23	46	9:46	175	9:46
Rundenzeit	2.10	10:53	5:10	45	4:13	144	4:13	6.30	33:33	5:19	45	13:59	162	13:59
Rundenzeit	2.10	11:18	5:22	48	4:38	150	4:38	8.40	44:51	5:20	46	18:37	159	18:37
Finish	2.10	11:16	5:21	45	4:32	148	4:32	10.50	56:07	5:20	45	23:09	152	23:09