



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Rabe, Axel

Club: team klABBA
Number: 305

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

Category:
Männer 40 bis 49 Jahre

Total time: 56:23

Speed: 10.64 km/h
Running performance: 5:22 min/km

Rank in course/Total: 184 (of 389)

Rank in course/Men: 161 (of 301)

Best time in course: 32:58

Rank in category: 39(of 83)

Best time in the category: 35:18

Intermediate times

Stage score

Total ranking

Control	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	9:25	4:29	16	2:34	38	3:03	2.10	9:25	4:29	16	2:34	38	3:03
Rundenzeit	2.10	11:06	5:17	54	4:07	193	9:28	4.20	20:31	4:53	27	6:41	96	7:37
Rundenzeit	2.10	12:04	5:44	59	4:57	210	5:24	6.30	32:35	5:10	34	11:38	132	13:01
Rundenzeit	2.10	12:09	5:47	54	4:59	203	5:29	8.40	44:44	5:19	39	16:37	156	18:30
Finish	2.10	11:39	5:32	46	4:28	178	4:55	10.50	56:23	5:22	39	21:05	161	23:25