



19. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Tacke, Christian

Club: Braunschweig
Number: 388

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

Category:
Männer 20 bis 29 Jahre

Total time: 57:51

Speed: 10.37 km/h
Running performance: 5:31 min/km

Rank in course/Total: 203 (of 389)

Rank in course/Men: 179 (of 301)

Best time in course: 32:58

Rank in category: 23(of 30)

Best time in the category: 42:16

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 | 12:03 | 5:44 | 20 | 4:10 | 184 | 5:41 | 2.10 | 12:03 | 5:44 | 20 | 4:10 | 184 | 5:41 |
| Rundenzeit | 2.10 | 10:58 | 5:13 | 22 | 9:20 | 185 | 9:20 | 4.20 | 23:01 | 5:28 | 23 | 6:45 | 187 | 10:07 |
| Rundenzeit | 2.10 | 11:07 | 5:17 | 20 | 2:17 | 155 | 4:27 | 6.30 | 34:08 | 5:25 | 23 | 9:02 | 177 | 14:34 |
| Rundenzeit | 2.10 | 11:43 | 5:34 | 23 | 2:55 | 175 | 5:03 | 8.40 | 45:51 | 5:27 | 23 | 11:57 | 179 | 19:37 |
| Finish | 2.10 | 12:00 | 5:42 | 24 | 3:38 | 197 | 5:16 | 10.50 | 57:51 | 5:30 | 23 | 15:35 | 179 | 24:53 |