



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

Detailed evaluation

Träbing, Timo

Club: Felsberg
Number: 399

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:02:12

Speed: 9.65 km/h
Running performance: 5:55 min/km

Rank in course/Total: 271 (of 389)

Rank in course/Men: 231 (of 301)

Best time in course: 32:58

Rank in category: 64(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.	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	13:06	6:14	68	6:15	242	6:44	2.10	13:06	6:14	68	6:15	242	6:44
Rundenzeit	2.10	11:51	5:38	66	4:52	230	10:13	4.20	24:57	5:56	66	11:07	235	12:03
Rundenzeit	2.10	12:24	5:54	67	5:17	230	5:44	6.30	37:21	5:55	67	16:24	233	17:47
Rundenzeit	2.10	12:34	5:59	62	5:24	223	5:54	8.40	49:55	5:56	67	21:48	235	23:41
Finish	2.10	12:17	5:50	58	5:06	217	5:33	10.50	1:02:12	5:55	64	26:54	231	29:14