



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

Detailed evaluation

Eschrich, Axel

Club: Berlin
Number: 99

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

Category:
Männer 50 bis 59 Jahre

Total time: 46:21

Speed: 12.94 km/h
Running performance: 4:25 min/km

Rank in course/Total: 33 (of 389)

Rank in course/Men: 31 (of 301)

Best time in course: 32:58

Rank in category: 7(of 86)

Best time in the category: 42:31

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	10:39	5:04	30	2:36	107	4:17	2.10	10:39	5:04	30	2:36	107	4:17
Rundenzeit	2.10	8:38	4:06	4	0:14	23	7:00	4.20	19:17	4:35	15	2:50	58	6:23
Rundenzeit	2.10	8:54	4:14	4	0:17	21	2:14	6.30	28:11	4:28	10	3:06	44	8:37
Rundenzeit	2.10	9:11	4:22	5	0:24	23	2:31	8.40	37:22	4:26	9	3:29	36	11:08
Finish	2.10	8:59	4:16	4	0:38	20	2:15	10.50	46:21	4:24	7	3:50	31	13:23