



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

Detailed evaluation

Akin, Idris

Club: Active Sportshop Herford
Number: 261

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

Category:
Männer 30 bis 39 Jahre

Total time: 46:48

Speed: 12.82 km/h
Running performance: 4:28 min/km

Rank in course/Total: 40 (of 389)

Rank in course/Men: 36 (of 301)

Best time in course: 32:58

Rank in category: 10(of 68)

Best time in the category: 32:58

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	9:27	4:29	12	3:05	41	3:05	2.10	9:27	4:29	12	3:05	41	3:05
Rundenzeit	2.10	9:00	4:17	12	2:28	35	7:22	4.20	18:27	4:23	9	5:33	36	5:33
Rundenzeit	2.10	9:36	4:34	17	2:56	52	2:56	6.30	28:03	4:27	10	8:29	38	8:29
Rundenzeit	2.10	9:23	4:28	10	2:43	32	2:43	8.40	37:26	4:27	10	11:12	37	11:12
Finish	2.10	9:22	4:27	12	2:38	35	2:38	10.50	46:48	4:27	10	13:50	36	13:50