



18. Sondershäuser Kristall-Lauf  
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Kestler, Sebastian

Club: TSV Laupheim  
Number: 163

Course: 9.40 km  
10 km (680 m unter der Erdoberfläche)

Category:  
Männer 30 bis 39 Jahre

Total time: 34:58

Speed: 15.44 km/h  
Running performance: 3:43 min/km

Rank in course/Total: 11 (of 373)

Rank in course/Men: 11 (of 286)

Best time in course: 31:07

Rank in category: 6(of 57)

Best time in the category: 31:07

Control	Intermediate times				Stage score				Total ranking					
	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	2.20	7:49	3:33	8	0:47	14	0:47	2.20	7:49	3:33	8	0:47	14	0:47
Rundenzeit	1.80	6:40	3:42	7	0:42	12	0:42	4.00	14:29	3:37	7	1:29	12	1:29
Rundenzeit	1.80	6:50	3:47	6	0:42	8	0:42	5.80	21:19	3:40	7	2:08	12	2:08
Rundenzeit	1.80	6:50	3:47	6	0:47	9	0:47	7.60	28:09	3:42	7	2:55	12	2:55
Finish	1.80	6:49	3:47	6	0:58	12	6:40	9.40	34:58	3:43	6	3:51	11	3:51