



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

Detailed evaluation

Kästner, Alexander

Club: Sondershausen
Number: 159

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:09:08

Speed: 7.81 km/h
Running performance: 7:21 min/km

Rank in course/Total: 349 (of 373)

Rank in course/Men: 273 (of 286)

Best time in course: 31:07

Rank in category: 55(of 57)

Best time in the category: 31:07

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	2.20	13:32	6:09	53	6:30	257	6:30	2.20	13:32	6:09	53	6:30	257	6:30
Rundenzeit	1.80	10:37	5:53	52	4:39	231	4:39	4.00	24:09	6:02	54	11:09	247	11:09
Rundenzeit	1.80	10:34	5:52	44	4:26	207	4:26	5.80	34:43	5:59	50	15:32	237	15:32
Rundenzeit	1.80	11:23	6:19	51	5:20	228	5:20	7.60	46:06	6:03	51	20:52	234	20:52
Finish	1.80	23:02	12:47	55	17:11	279	22:53	9.40	1:09:08	7:21	56	38:01	281	38:01