



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

Detailed evaluation

Orth, Sebastian

Club: TGV Schotten
Number: 263

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

Category:
Männer 30 bis 39 Jahre

Total time: 42:42

Speed: 13.21 km/h
Running performance: 4:32 min/km

Rank in course/Total: 60 (of 373)

Rank in course/Men: 58 (of 286)

Best time in course: 31:07

Rank in category: 21(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	9:26	4:17	24	2:24	60	2:24	2.20	9:26	4:17	24	2:24	60	2:24
Rundenzeit	1.80	8:05	4:29	24	2:07	66	2:07	4.00	17:31	4:22	24	4:31	62	4:31
Rundenzeit	1.80	8:26	4:41	24	2:18	69	2:18	5.80	25:57	4:28	24	6:46	62	6:46
Rundenzeit	1.80	8:28	4:42	21	2:25	61	2:25	7.60	34:25	4:31	22	9:11	60	9:11
Finish	1.80	8:17	4:36	22	2:26	64	8:08	9.40	42:42	4:32	21	11:35	61	11:35