



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

Detailed evaluation

Orth, Sebastian

Club: TGV Schotten  
Number: 287

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

Category:  
Männer 30 bis 39 Jahre

Total time: 47:32

Speed: 12.62 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 46 (of 389)

Rank in course/Men: 43 (of 301)

Best time in course: 32:58

Rank in category: 13(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	9:25	4:29	11	3:03	38	3:03	2.10	9:25	4:29	11	3:03	38	3:03
Rundenzeit	2.10	9:12	4:22	17	2:40	51	7:34	4.20	18:37	4:25	12	5:43	41	5:43
Rundenzeit	2.10	9:31	4:31	13	2:51	45	2:51	6.30	28:08	4:27	13	8:34	43	8:34
Rundenzeit	2.10	9:48	4:40	15	3:08	46	3:08	8.40	37:56	4:30	14	11:42	47	11:42
Finish	2.10	9:36	4:34	16	2:52	46	2:52	10.50	47:32	4:31	13	14:34	43	14:34