



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

Detailed evaluation

Rau, Oliver

Club: Rosdorf
Number: 290

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

Category:
Männer 20 bis 29 Jahre

Total time: 50:41

Speed: 10.65 km/h
Running performance: 5:23 min/km

Rank in course/Total: 168 (of 373)

Rank in course/Men: 148 (of 286)

Best time in course: 31:07

Rank in category: 15(of 22)

Best time in the category: 33:09

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	9:47	4:26	10	2:38	78	2:45	2.20	9:47	4:26	10	2:38	78	2:45
Rundenzeit	1.80	9:12	5:06	14	2:53	142	3:14	4.00	18:59	4:44	10	5:29	102	5:59
Rundenzeit	1.80	10:00	5:33	16	3:32	171	3:52	5.80	28:59	4:59	13	9:01	127	9:48
Rundenzeit	1.80	11:09	6:11	20	4:31	221	5:06	7.60	40:08	5:16	16	13:32	160	14:54
Finish	1.80	10:33	5:51	18	4:00	179	10:24	9.40	50:41	5:23	15	17:32	152	19:34