



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

Detailed evaluation

Raiß, Herbert

Club: TV Büttelborn  
Number: 287

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

Category:  
Männer 60 bis 69 Jahre

Total time: 54:15

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 218 (of 373)

Rank in course/Men: 186 (of 286)

Best time in course: 31:07

Rank in category: 9(of 20)

Best time in the category: 38:39

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	12:06	5:29	8	3:37	192	5:04	2.20	12:06	5:29	8	3:37	192	5:04	
Rundenzeit	1.80	9:47	5:26	6	2:24	190	3:49	4.00	21:53	5:28	9	6:01	188	8:53	
Rundenzeit	1.80	10:20	5:44	8	2:45	194	4:12	5.80	32:13	5:33	9	8:46	189	13:02	
Rundenzeit	1.80	10:46	5:58	10	3:05	202	4:43	7.60	42:59	5:39	9	11:51	193	17:45	
Finish	1.80	11:16	6:15	12	11:03	208	11:07	9.40	54:15	5:46	10	15:36	190	23:08	