



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

Detailed evaluation

Raiß, Alexander

Club: TV Büttelborn  
Number: 286

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

Category:  
Männer 30 bis 39 Jahre

Total time: 59:30

Speed: 9.48 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 298 (of 373)

Rank in course/Men: 238 (of 286)

Best time in course: 31:07

Rank in category: 48(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	12:13	5:33	45	5:11	200	5:11	2.20	12:13	5:33	45	5:11	200	5:11	
Rundenzeit	1.80	10:15	5:41	47	4:17	215	4:17	4.00	22:28	5:36	46	9:28	203	9:28	
Rundenzeit	1.80	11:57	6:38	53	5:49	256	5:49	5.80	34:25	5:56	47	15:14	228	15:14	
Rundenzeit	1.80	12:56	7:11	54	6:53	267	6:53	7.60	47:21	6:13	53	22:07	249	22:07	
Finish	1.80	12:09	6:45	47	6:18	237	12:00	9.40	59:30	6:19	48	28:23	244	28:23	