



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Rauhut, Sven**

Club: ultraSPORT Kocher - Jagsttal  
Number: 308

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

Category:  
Männer 40 bis 49 Jahre

Total time: 46:23

Speed: 12.94 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 35 (of 389)

Rank in course/Men: 32 (of 301)

Best time in course: 32:58

Rank in category: 12(of 83)

Best time in the category: 35:18

### 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	9:23	4:28	14	2:32	36	3:01	2.10	9:23	4:28	14	2:32	36	3:01
Rundenzeit	2.10	9:02	4:18	12	2:03	38	7:24	4.20	18:25	4:23	15	4:35	35	5:31
Rundenzeit	2.10	9:20	4:26	12	2:13	38	2:40	6.30	27:45	4:24	13	6:48	31	8:11
Rundenzeit	2.10	9:24	4:28	11	2:14	33	2:44	8.40	37:09	4:25	12	9:02	29	10:55
Finish	2.10	9:14	4:23	8	2:03	29	2:30	10.50	46:23	4:25	12	11:05	32	13:25