



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

Detailed evaluation

Rahause, Silvio

Club: Stiftung Wadentest  
Number: 200

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

Category:  
Männer 30 bis 39 Jahre

Total time: 49:48

Speed: 12.05 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 73 (of 389)

Rank in course/Men: 65 (of 301)

Best time in course: 32:58

Rank in category: 21(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	10:02	4:46	20	3:40	67	3:40	2.10	10:02	4:46	20	3:40	67	3:40
Rundenzeit	2.10	9:17	4:25	21	2:45	58	7:39	4.20	19:19	4:35	19	6:25	60	6:25
Rundenzeit	2.10	9:58	4:44	27	3:18	74	3:18	6.30	29:17	4:38	20	9:43	65	9:43
Rundenzeit	2.10	10:13	4:51	25	3:33	72	3:33	8.40	39:30	4:42	21	13:16	65	13:16
Finish	2.10	10:18	4:54	30	3:34	93	3:34	10.50	49:48	4:44	21	16:50	65	16:50