



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Rewald, Florian**

Club: Braunschweig  
Number: 314

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

Category:  
Männer 20 bis 29 Jahre

Total time: 50:43

Speed: 11.83 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 87 (of 389)

Rank in course/Men: 78 (of 301)

Best time in course: 32:58

Rank in category: 11(of 30)

Best time in the category: 42:16

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	2.10	10:56	5:12	16	3:03	126	4:34	2.10	10:56	5:12	16	3:03	126	4:34
Rundenzeit	2.10	9:53	4:42	13	8:15	94	8:15	4.20	20:49	4:57	13	4:33	106	7:55
Rundenzeit	2.10	9:56	4:43	10	1:06	69	3:16	6.30	30:45	4:52	11	5:39	91	11:11
Rundenzeit	2.10	10:11	4:50	7	1:23	67	3:31	8.40	40:56	4:52	11	7:02	84	14:42
Finish	2.10	9:47	4:39	8	1:25	55	3:03	10.50	50:43	4:49	11	8:27	78	17:45