



Südeichsfeldlauf  
Diedorf / 30.06.2018

## Detailed evaluation

**Rahause, Silvio**

Club: Stiftung Wadentest  
Number: 453

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Senioren M35 (35-39 Jahre)

Total time: 50:05

Speed: 11.98 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 17 (of 58)

Rank in course/Men: 16 (of 49)

Best time in course: 39:56

Rank in category: 3(of 8)

Best time in the category: 46:00