



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

Detailed evaluation

Frisch, Silvio

Club: Win4Youth-Team
Number: 116

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:33

Speed: 11.00 km/h
Running performance: 5:12 min/km

Rank in course/Total: 152 (of 389)

Rank in course/Men: 132 (of 301)

Best time in course: 32:58

Rank in category: 30(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	10:46	5:07	33	3:55	116	4:24	2.10	10:46	5:07	33	3:55	116	4:24
Rundenzeit	2.10	10:06	4:48	30	3:07	114	8:28	4.20	20:52	4:58	31	7:02	108	7:58
Rundenzeit	2.10	10:59	5:13	37	3:52	146	4:19	6.30	31:51	5:03	31	10:54	117	12:17
Rundenzeit	2.10	11:18	5:22	39	4:08	150	4:38	8.40	43:09	5:08	31	15:02	118	16:55
Finish	2.10	11:24	5:25	38	4:13	154	4:40	10.50	54:33	5:11	30	19:15	132	21:35