



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

Detailed evaluation

Freise, Hartmut

Club: LG Solling  
Number: 111

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

Category:  
Männer 50 bis 59 Jahre

Total time: 56:25

Speed: 11.17 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 187 (of 389)

Rank in course/Men: 164 (of 301)

Best time in course: 32:58

Rank in category: 45(of 86)

Best time in the category: 42:31

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	10:18	4:54	22	2:15	75	3:56	2.10	10:18	4:54	22	2:15	75	3:56
Rundenzeit	2.10	10:39	5:04	38	2:15	149	9:01	4.20	20:57	4:59	30	4:30	112	8:03
Rundenzeit	2.10	11:26	5:26	49	2:49	180	4:46	6.30	32:23	5:08	36	7:18	131	12:49
Rundenzeit	2.10	11:50	5:38	51	3:03	183	5:10	8.40	44:13	5:15	40	10:20	145	17:59
Finish	2.10	12:12	5:48	58	3:51	210	5:28	10.50	56:25	5:22	45	13:54	164	23:27