



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

Detailed evaluation

Bittner, Frederik

Club: TV Hohne
Number: 40

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

Category:
Männer 30 bis 39 Jahre

Total time: 56:56

Speed: 10.54 km/h
Running performance: 5:25 min/km

Rank in course/Total: 194 (of 389)

Rank in course/Men: 171 (of 301)

Best time in course: 32:58

Rank in category: 50(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	12:20	5:52	52	5:58	199	5:58	2.10	12:20	5:52	52	5:58	199	5:58
Rundenzeit	2.10	10:53	5:10	49	4:21	173	9:15	4.20	23:13	5:31	54	10:19	194	10:19
Rundenzeit	2.10	11:06	5:17	46	4:26	151	4:26	6.30	34:19	5:26	52	14:45	185	14:45
Rundenzeit	2.10	11:16	5:21	47	4:36	148	4:36	8.40	45:35	5:25	51	19:21	170	19:21
Finish	2.10	11:21	5:24	46	4:37	152	4:37	10.50	56:56	5:25	50	23:58	171	23:58