



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

Detailed evaluation

Fritzsche, Olaf

Club: Sachsen-Express
Number: 117

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

Category:
Männer 40 bis 49 Jahre

Total time: 59:15

Speed: 10.13 km/h
Running performance: 5:38 min/km

Rank in course/Total: 222 (of 389)

Rank in course/Men: 197 (of 301)

Best time in course: 32:58

Rank in category: 52(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	12:19	5:51	55	5:28	197	5:57	2.10	12:19	5:51	55	5:28	197	5:57
Rundenzeit	2.10	11:40	5:33	63	4:41	221	10:02	4.20	23:59	5:42	60	10:09	211	11:05
Rundenzeit	2.10	12:07	5:46	62	5:00	216	5:27	6.30	36:06	5:43	60	15:09	214	16:32
Rundenzeit	2.10	11:44	5:35	45	4:34	176	5:04	8.40	47:50	5:41	57	19:43	205	21:36
Finish	2.10	11:25	5:26	39	4:14	156	4:41	10.50	59:15	5:38	52	23:57	197	26:17