



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

Detailed evaluation

Fröhlich, Peter

Club: LG eXa Leipzig
Number: 118

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

Category:
Männer 50 bis 59 Jahre

Total time: 45:16

Speed: 13.25 km/h
Running performance: 4:19 min/km

Rank in course/Total: 22 (of 389)

Rank in course/Men: 22 (of 301)

Best time in course: 32:58

Rank in category: 5(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	8:32	4:03	3	0:29	21	2:10	2.10	8:32	4:03	3	0:29	21	2:10
Rundenzeit	2.10	9:02	4:18	9	0:38	38	7:24	4.20	17:34	4:10	5	1:07	23	4:40
Rundenzeit	2.10	9:11	4:22	7	0:34	30	2:31	6.30	26:45	4:14	5	1:40	23	7:11
Rundenzeit	2.10	9:14	4:23	7	0:27	25	2:34	8.40	35:59	4:17	5	2:06	23	9:45
Finish	2.10	9:17	4:25	8	0:56	32	2:33	10.50	45:16	4:18	5	2:45	22	12:18