



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

Detailed evaluation

Fricke, Gerd

Club: LAV07Bad Harzburg
Number: 113

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

Category:
Männer 70 bis 79 Jahre

Total time: 1:20:20

Speed: 7.47 km/h
Running performance: 7:39 min/km

Rank in course/Total: 372 (of 389)

Rank in course/Men: 291 (of 301)

Best time in course: 32:58

Rank in category: 8(of 8)

Best time in the category: 50:57

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	15:00	7:08	8	5:14	296	8:38	2.10	15:00	7:08	8	5:14	296	8:38
Rundenzeit	2.10	15:30	7:22	8	5:39	298	13:52	4.20	30:30	7:15	8	10:53	297	17:36
Rundenzeit	2.10	16:13	7:43	8	6:02	292	9:33	6.30	46:43	7:24	8	16:55	294	27:09
Rundenzeit	2.10	16:36	7:54	8	6:08	291	9:56	8.40	1:03:19	7:32	8	23:03	292	37:05
Finish	2.10	17:01	8:06	8	6:20	290	10:17	10.50	1:20:20	7:39	8	29:23	291	47:22