



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

Detailed evaluation

Friedrich, Jens

Club: Hannover Runners
Number: 115

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

Category:
Männer 30 bis 39 Jahre

Total time: 49:49

Speed: 12.04 km/h
Running performance: 4:44 min/km

Rank in course/Total: 74 (of 389)

Rank in course/Men: 66 (of 301)

Best time in course: 32:58

Rank in category: 22(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	10:20	4:55	22	3:58	77	3:58	2.10	10:20	4:55	22	3:58	77	3:58
Rundenzeit	2.10	9:07	4:20	15	2:35	47	7:29	4.20	19:27	4:37	21	6:33	65	6:33
Rundenzeit	2.10	9:36	4:34	17	2:56	52	2:56	6.30	29:03	4:36	19	9:29	59	9:29
Rundenzeit	2.10	10:18	4:54	26	3:38	76	3:38	8.40	39:21	4:41	20	13:07	62	13:07
Finish	2.10	10:28	4:59	35	3:44	102	3:44	10.50	49:49	4:44	22	16:51	66	16:51