



18. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Gropengießler, Nicolas

Club: FC Eisdorf
Number: 104

Course: 9.40 km
10 km (680 m unter der Erdoberfläche)

Category:
Junioren 16 bis 19 Jahre

Total time: 52:17

Speed: 10.33 km/h
Running performance: 5:34 min/km

Rank in course/Total: 197 (of 373)

Rank in course/Men: 170 (of 286)

Best time in course: 31:07

Rank in category: 6(of 9)

Best time in the category: 34:49

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	2.20	10:42	4:51	6	3:02	121	3:40	2.20	10:42	4:51	6	3:02	121	3:40
Rundenzeit	1.80	8:34	4:45	4	2:01	98	2:36	4.00	19:16	4:48	5	5:03	113	6:16
Rundenzeit	1.80	8:14	4:34	3	1:23	57	2:06	5.80	27:30	4:44	4	6:26	96	8:19
Rundenzeit	1.80	8:19	4:37	3	1:31	55	2:16	7.60	35:49	4:42	4	7:57	84	10:35
Finish	1.80	16:28	9:08	9	9:31	257	16:19	9.40	52:17	5:33	6	17:28	174	21:10