



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

Detailed evaluation

Grumbach, Harald

Club: SG Druffel
Number: 105

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

Category:
Männer 60 bis 69 Jahre

Total time: 1:00:37

Speed: 8.91 km/h
Running performance: 6:27 min/km

Rank in course/Total: 305 (of 373)

Rank in course/Men: 244 (of 286)

Best time in course: 31:07

Rank in category: 14(of 20)

Best time in the category: 38:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.20	13:20	6:03	13	4:51	247	6:18	2.20	13:20	6:03	13	4:51	247	6:18				
Rundenzeit	1.80	11:17	6:16	14	3:54	261	5:19	4.00	24:37	6:09	13	8:45	259	11:37				
Rundenzeit	1.80	11:46	6:32	14	4:11	254	5:38	5.80	36:23	6:16	14	12:56	260	17:12				
Rundenzeit	1.80	12:25	6:53	14	4:44	258	6:22	7.60	48:48	6:25	14	17:40	260	23:34				
Finish	1.80	11:49	6:33	14	11:36	228	11:40	9.40	1:00:37	6:26	15	21:58	250	29:30				