



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

Detailed evaluation

Gropengießler, Frank

Club: Bad Grund
Number: 103

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:01:05

Speed: 9.23 km/h
Running performance: 6:30 min/km

Rank in course/Total: 309 (of 373)

Rank in course/Men: 248 (of 286)

Best time in course: 31:07

Rank in category: 67(of 80)

Best time in the category: 36:02

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	11:17	5:07	34	3:28	162	4:15	2.20	11:17	5:07	34	3:28	162	4:15
Rundenzeit	1.80	9:18	5:10	37	2:27	152	3:20	4.00	20:35	5:08	35	5:55	156	7:35
Rundenzeit	1.80	9:35	5:19	36	2:30	145	3:27	5.80	30:10	5:12	37	8:25	157	10:59
Rundenzeit	1.80	9:56	5:31	40	2:49	159	3:53	7.60	40:06	5:16	40	11:05	157	14:52
Finish	1.80	20:59	11:39	78	20:50	272	20:50	9.40	1:01:05	6:29	69	25:03	255	29:58