



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Grapp, Gerrit

Club: Burguffeln

Number: 131

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 54:25

Speed: 11.03 km/h

Running performance: 5:11 min/km

Rank in course/Total: 149 (of 389)

Rank in course/Men: 130 (of 301)

Best time in course: 32:58

Rank in category: 41(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	12:41	6:02	57	6:19	222	6:19	2.10	12:41	6:02	57	6:19	222	6:19
Rundenzeit	2.10	10:36	5:02	45	4:04	146	8:58	4.20	23:17	5:32	57	10:23	199	10:23
Rundenzeit	2.10	10:20	4:55	35	3:40	101	3:40	6.30	33:37	5:20	47	14:03	165	14:03
Rundenzeit	2.10	10:31	5:00	31	3:51	93	3:51	8.40	44:08	5:15	44	17:54	143	17:54
Finish	2.10	10:17	4:53	29	3:33	90	3:33	10.50	54:25	5:10	41	21:27	130	21:27