



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

Detailed evaluation

Grünert, Jörg

Club: Chemnitz  
Number: 139

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

Category:  
Männer 50 bis 59 Jahre

Total time: 1:00:58

Speed: 9.84 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 251 (of 389)

Rank in course/Men: 218 (of 301)

Best time in course: 32:58

Rank in category: 58(of 86)

Best time in the category: 42:31

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	2.10	14:07	6:43	78	6:04	279	7:45	2.10	14:07	6:43	78	6:04	279	7:45				
Rundenzeit	2.10	11:49	5:37	61	3:25	226	10:11	4.20	25:56	6:10	70	9:29	255	13:02				
Rundenzeit	2.10	11:47	5:36	53	3:10	197	5:07	6.30	37:43	5:59	66	12:38	242	18:09				
Rundenzeit	2.10	11:34	5:30	45	2:47	167	4:54	8.40	49:17	5:52	61	15:24	225	23:03				
Finish	2.10	11:41	5:33	50	3:20	185	4:57	10.50	1:00:58	5:48	58	18:27	218	28:00				