



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

Detailed evaluation

Grumbach, Harald

Club: Laufftreff sg Druffel
Number: 138

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

Category:
Männer 60 bis 69 Jahre

Total time: 1:04:11

Speed: 9.35 km/h
Running performance: 6:07 min/km

Rank in course/Total: 290 (of 389)

Rank in course/Men: 245 (of 301)

Best time in course: 32:58

Rank in category: 16(of 24)

Best time in the category: 43:40

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	12:52	6:07	17	4:22	235	6:30	2.10	12:52	6:07	17	4:22	235	6:30
Rundenzeit	2.10	12:08	5:46	17	3:35	245	10:30	4.20	25:00	5:57	17	7:57	237	12:06
Rundenzeit	2.10	12:55	6:09	17	4:07	253	6:15	6.30	37:55	6:01	17	12:04	247	18:21
Rundenzeit	2.10	13:14	6:18	17	4:26	250	6:34	8.40	51:09	6:05	16	16:30	247	24:55
Finish	2.10	13:02	6:12	16	4:01	245	6:18	10.50	1:04:11	6:06	16	20:31	245	31:13