



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Grudzinski, Reyk

Club: Berlin

Number: 136

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 47:31

Speed: 13.26 km/h

Running performance: 4:32 min/km

Rank in course/Total: 45 (of 389)

Rank in course/Men: 42 (of 301)

Best time in course: 32:58

Rank in category: 15(of 83)

Best time in the category: 35:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	9:24	4:28	15	2:33	37	3:02	2.10	9:24	4:28	15	2:33	37	3:02
Rundenzeit	2.10	9:08	4:20	17	2:09	48	7:30	4.20	18:32	4:24	16	4:42	38	5:38
Rundenzeit	2.10	9:28	4:30	13	2:21	41	2:48	6.30	28:00	4:26	16	7:03	37	8:26
Rundenzeit	2.10	9:44	4:38	14	2:34	45	3:04	8.40	37:44	4:29	16	9:37	41	11:30
Finish	2.10	9:47	4:39	15	2:36	55	3:03	10.50	47:31	4:31	15	12:13	42	14:33