



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

Detailed evaluation

Grell, Christian

Club: VfL Eintracht Hannover
Number: 132

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

Category:
Männer 40 bis 49 Jahre

Total time: 50:26

Speed: 11.90 km/h
Running performance: 4:48 min/km

Rank in course/Total: 81 (of 389)

Rank in course/Men: 72 (of 301)

Best time in course: 32:58

Rank in category: 21(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. | 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 | 9:29 | 4:30 | 19 | 2:38 | 47 | 3:07 | 2.10 | 9:29 | 4:30 | 19 | 2:38 | 47 | 3:07 |
| Rundenzeit | 2.10 | 9:54 | 4:42 | 27 | 2:55 | 95 | 8:16 | 4.20 | 19:23 | 4:36 | 19 | 5:33 | 62 | 6:29 |
| Rundenzeit | 2.10 | 10:19 | 4:54 | 27 | 3:12 | 97 | 3:39 | 6.30 | 29:42 | 4:42 | 21 | 8:45 | 72 | 10:08 |
| Rundenzeit | 2.10 | 10:24 | 4:57 | 23 | 3:14 | 83 | 3:44 | 8.40 | 40:06 | 4:46 | 21 | 11:59 | 73 | 13:52 |
| Finish | 2.10 | 10:20 | 4:55 | 23 | 3:09 | 94 | 3:36 | 10.50 | 50:26 | 4:48 | 21 | 15:08 | 72 | 17:28 |