



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

Detailed evaluation

Jordanland, Doro

Club: HäufigLäufig
Number: 186

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

Category:
Frauen 30 bis 39 Jahre

Total time: 52:16
Speed: 11.48 km/h
Running performance: 4:59 min/km
Rank in course/Total: 108 (of 389)
Rank in course/Women: 10 (of 88)
Best time in course: 45:40
Rank in category: 5(of 28)
Best time in the category: 45:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.10	9:38	4:35	5	0:49	7	0:49	2.10	9:38	4:35	5	0:49	7	0:49
Rundenzeit	2.10	10:11	4:50	7	1:06	15	8:33	4.20	19:49	4:43	5	1:55	9	1:55
Rundenzeit	2.10	10:38	5:03	7	1:24	15	1:24	6.30	30:27	4:49	5	3:12	9	3:12
Rundenzeit	2.10	10:58	5:13	8	1:29	17	1:29	8.40	41:25	4:55	5	4:36	10	4:36
Finish	2.10	10:51	5:09	8	2:01	18	2:01	10.50	52:16	4:58	5	6:36	10	6:36