



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

Detailed evaluation

Pikarski, Jessica

Club: Team Kyffhäuser  
Number: 300

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 52:25

Speed: 11.45 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 111 (of 389)

Rank in course/Women: 11 (of 88)

Best time in course: 45:40

Rank in category: 6(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	10:20	4:55	6	1:31	12	1:31	2.10	10:20	4:55	6	1:31	12	1:31
Rundenzeit	2.10	10:00	4:45	6	0:55	12	8:22	4.20	20:20	4:50	6	2:26	11	2:26
Rundenzeit	2.10	11:05	5:16	9	1:51	22	1:51	6.30	31:25	4:59	6	4:10	13	4:10
Rundenzeit	2.10	10:30	5:00	5	1:01	10	1:01	8.40	41:55	4:59	6	5:06	11	5:06
Finish	2.10	10:30	5:00	5	1:40	11	1:40	10.50	52:25	4:59	6	6:45	11	6:45