



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

Detailed evaluation

Windberg, Tina

Club: Bad Kissingen
Number: 435

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

Category:
Frauen 40 bis 49 Jahre

Total time: 52:55

Speed: 11.34 km/h
Running performance: 5:02 min/km

Rank in course/Total: 116 (of 389)

Rank in course/Women: 12 (of 88)

Best time in course: 45:40

Rank in category: 4(of 22)

Best time in the category: 48:25

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	10:32	5:00	6	1:34	14	1:43	2.10	10:32	5:00	6	1:34	14	1:43
Rundenzeit	2.10	10:03	4:47	4	0:27	13	8:25	4.20	20:35	4:54	5	2:01	12	2:41
Rundenzeit	2.10	10:30	5:00	5	0:41	12	1:16	6.30	31:05	4:56	5	2:42	12	3:50
Rundenzeit	2.10	11:06	5:17	7	1:09	18	1:37	8.40	42:11	5:01	5	3:39	13	5:22
Finish	2.10	10:44	5:06	6	0:52	16	1:54	10.50	52:55	5:02	4	4:30	12	7:15