



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

Detailed evaluation

Zierdt, Iris

Club: LAV 07 Bad Harzburg
Number: 450

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

Category:
Frauen 40 bis 49 Jahre

Total time: 53:09

Speed: 11.85 km/h
Running performance: 5:04 min/km

Rank in course/Total: 122 (of 389)

Rank in course/Women: 14 (of 88)

Best time in course: 45:40

Rank in category: 5(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	10:00	4:45	4	1:02	10	1:11	2.10	10:00	4:45	4	1:02	10	1:11
Rundenzeit	2.10	10:08	4:49	5	0:32	14	8:30	4.20	20:08	4:47	4	1:34	10	2:14
Rundenzeit	2.10	10:47	5:08	7	0:58	16	1:33	6.30	30:55	4:54	4	2:32	11	3:40
Rundenzeit	2.10	11:08	5:18	8	1:11	20	1:39	8.40	42:03	5:00	4	3:31	12	5:14
Finish	2.10	11:06	5:17	8	1:14	21	2:16	10.50	53:09	5:03	5	4:44	14	7:29