



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

Detailed evaluation

Drexler, Constanze

Club: HäufigLäufig
Number: 82

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

Category:
Frauen 20 bis 29 Jahre

Total time: 53:51

Speed: 11.14 km/h
Running performance: 5:08 min/km

Rank in course/Total: 132 (of 389)

Rank in course/Women: 16 (of 88)

Best time in course: 45:40

Rank in category: 2(of 14)

Best time in the category: 49:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Rundenzeit	2.10	10:40	5:04	1	-	16	1:51	2.10	10:40	5:04	1	-	16	1:51
Rundenzeit	2.10	11:10	5:19	4	9:32	25	9:32	4.20	21:50	5:11	2	0:40	19	3:56
Rundenzeit	2.10	11:09	5:18	2	1:37	23	1:55	6.30	32:59	5:14	2	2:17	21	5:44
Rundenzeit	2.10	10:51	5:09	2	1:21	14	1:22	8.40	43:50	5:13	2	3:38	21	7:01
Finish	2.10	10:01	4:46	2	0:33	9	1:11	10.50	53:51	5:07	2	4:11	16	8:11