



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Lehnert, Kerstin

Club: TSV 1872 Pobershau
Number: 233

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

Category:
Frauen 50 bis 59 Jahre

Total time: 54:11

Speed: 11.07 km/h
Running performance: 5:10 min/km

Rank in course/Total: 141 (of 389)

Rank in course/Women: 17 (of 88)

Best time in course: 45:40

Rank in category: 2(of 16)

Best time in the category: 50:16

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Rundenzeit | 2.10 | 10:25 | 4:57 | 2 | 0:29 | 13 | 1:36 | 2.10 | 10:25 | 4:57 | 2 | 0:29 | 13 | 1:36 |
| Rundenzeit | 2.10 | 10:30 | 5:00 | 2 | 0:39 | 20 | 8:52 | 4.20 | 20:55 | 4:58 | 2 | 1:08 | 15 | 3:01 |
| Rundenzeit | 2.10 | 10:53 | 5:10 | 2 | 0:53 | 19 | 1:39 | 6.30 | 31:48 | 5:02 | 2 | 2:01 | 15 | 4:33 |
| Rundenzeit | 2.10 | 11:09 | 5:18 | 2 | 0:58 | 21 | 1:40 | 8.40 | 42:57 | 5:06 | 2 | 2:59 | 15 | 6:08 |
| Finish | 2.10 | 11:14 | 5:20 | 2 | 0:56 | 22 | 2:24 | 10.50 | 54:11 | 5:09 | 2 | 3:55 | 17 | 8:31 |