



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