



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

Detailed evaluation

Kleinert, Stefanie

Club: Lauffreunde Zimmermann
Number: 451

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

Category:
Frauen 30 bis 39 Jahre

Total time: 54:12

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

Rank in course/Total: 142 (of 389)

Rank in course/Women: 18 (of 88)

Best time in course: 45:40

Rank in category: 8(of 28)

Best time in the category: 45:40

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	10:53	5:10	7	2:04	17	2:04	2.10	10:53	5:10	7	2:04	17	2:04
Rundenzeit	2.10	9:50	4:40	5	0:45	9	8:12	4.20	20:43	4:55	7	2:49	13	2:49
Rundenzeit	2.10	10:50	5:09	8	1:36	17	1:36	6.30	31:33	5:00	7	4:18	14	4:18
Rundenzeit	2.10	11:40	5:33	10	2:11	23	2:11	8.40	43:13	5:08	8	6:24	17	6:24
Finish	2.10	10:59	5:13	9	2:09	20	2:09	10.50	54:12	5:09	8	8:32	18	8:32