



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

Detailed evaluation

Herzmann, Eléna

Club: SSG Königswinter
Number: 164

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

Category:
Juniorinnen 16 bis 19 Jahre

Total time: 54:18

Speed: 11.05 km/h
Running performance: 5:10 min/km

Rank in course/Total: 144 (of 389)

Rank in course/Women: 19 (of 88)

Best time in course: 45:40

Rank in category: 1(of 5)

Best time in the category: 54:18

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	10:38	5:03	1	-	15	1:49	2.10	10:38	5:03	1	-	15	1:49
Rundenzeit	2.10	10:46	5:07	1	-	22	9:08	4.20	21:24	5:05	1	-	17	3:30
Rundenzeit	2.10	11:01	5:14	1	-	20	1:47	6.30	32:25	5:08	1	-	18	5:10
Rundenzeit	2.10	11:06	5:17	1	-	18	1:37	8.40	43:31	5:10	1	-	18	6:42
Finish	2.10	10:47	5:08	1	-	17	1:57	10.50	54:18	5:10	1	-	19	8:38