



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

Detailed evaluation

Bissot, Ingrid

Club: Sauf ääähmm Laufziege
Number: 37

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

Category:
Frauen 40 bis 49 Jahre

Total time: 54:29

Speed: 11.01 km/h
Running performance: 5:11 min/km

Rank in course/Total: 151 (of 389)

Rank in course/Women: 20 (of 88)

Best time in course: 45:40

Rank in category: 7(of 22)

Best time in the category: 48:25

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	12:03	5:44	9	3:05	29	3:14	2.10	12:03	5:44	9	3:05	29	3:14
Rundenzeit	2.10	10:18	4:54	6	0:42	17	8:40	4.20	22:21	5:19	8	3:47	21	4:27
Rundenzeit	2.10	10:27	4:58	4	0:38	11	1:13	6.30	32:48	5:12	8	4:25	20	5:33
Rundenzeit	2.10	10:44	5:06	5	0:47	13	1:15	8.40	43:32	5:10	7	5:00	19	6:43
Finish	2.10	10:57	5:12	7	1:05	19	2:07	10.50	54:29	5:11	7	6:04	20	8:49