



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

Detailed evaluation

Bijmholt, Svenja

Club: Running Bros Coburg
Number: 34

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

Category:
Frauen 30 bis 39 Jahre

Total time: 55:05

Speed: 10.89 km/h
Running performance: 5:15 min/km

Rank in course/Total: 158 (of 389)

Rank in course/Women: 21 (of 88)

Best time in course: 45:40

Rank in category: 9(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	12:29	5:56	12	3:40	40	3:40	2.10	12:29	5:56	12	3:40	40	3:40
Rundenzeit	2.10	10:29	4:59	9	1:24	19	8:51	4.20	22:58	5:28	9	5:04	22	5:04
Rundenzeit	2.10	10:33	5:01	6	1:19	14	1:19	6.30	33:31	5:19	9	6:16	22	6:16
Rundenzeit	2.10	10:52	5:10	7	1:23	15	1:23	8.40	44:23	5:17	9	7:34	22	7:34
Finish	2.10	10:42	5:05	7	1:52	14	1:52	10.50	55:05	5:14	9	9:25	21	9:25