



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

Detailed evaluation

Hedtke, Christine

Club: LT Speeketze Marbach
Number: 152

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

Category:
Frauen 40 bis 49 Jahre

Total time: 55:36

Speed: 10.79 km/h
Running performance: 5:18 min/km

Rank in course/Total: 167 (of 389)

Rank in course/Women: 22 (of 88)

Best time in course: 45:40

Rank in category: 8(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	12:16	5:50	11	3:18	32	3:27	2.10	12:16	5:50	11	3:18	32	3:27
Rundenzeit	2.10	10:54	5:11	9	1:18	23	9:16	4.20	23:10	5:30	9	4:36	24	5:16
Rundenzeit	2.10	10:50	5:09	8	1:01	17	1:36	6.30	34:00	5:23	9	5:37	23	6:45
Rundenzeit	2.10	10:54	5:11	6	0:57	16	1:25	8.40	44:54	5:20	9	6:22	23	8:05
Finish	2.10	10:42	5:05	5	0:50	14	1:52	10.50	55:36	5:17	8	7:11	22	9:56