



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

Detailed evaluation

**Wolber, Sabine**

Club: Bad Neuenahr  
Number: 445

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: 169 (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	10:16	4:53	5	1:18	11	1:27	2.10	10:16	4:53	5	1:18	11	1:27
Rundenzeit	2.10	10:33	5:01	8	0:57	21	8:55	4.20	20:49	4:57	6	2:15	14	2:55
Rundenzeit	2.10	11:03	5:15	9	1:14	21	1:49	6.30	31:52	5:03	6	3:29	17	4:37
Rundenzeit	2.10	11:49	5:37	9	1:52	25	2:20	8.40	43:41	5:12	8	5:09	20	6:52
Finish	2.10	11:55	5:40	9	2:03	26	3:05	10.50	55:36	5:17	8	7:11	22	9:56