



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

Detailed evaluation

Krutzsch, Cindy

Club: LG Mauerweg Berlin e.V.
Number: 217

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

Category:
Frauen 30 bis 39 Jahre

Total time: 57:36

Speed: 10.42 km/h
Running performance: 5:29 min/km

Rank in course/Total: 201 (of 389)

Rank in course/Women: 24 (of 88)

Best time in course: 45:40

Rank in category: 10(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	11:44	5:35	9	2:55	26	2:55	2.10	11:44	5:35	9	2:55	26	2:55
Rundenzeit	2.10	11:45	5:35	12	2:40	34	10:07	4.20	23:29	5:35	11	5:35	27	5:35
Rundenzeit	2.10	11:21	5:24	10	2:07	24	2:07	6.30	34:50	5:31	10	7:35	24	7:35
Rundenzeit	2.10	11:25	5:26	9	1:56	22	1:56	8.40	46:15	5:30	10	9:26	24	9:26
Finish	2.10	11:21	5:24	10	2:31	23	2:31	10.50	57:36	5:29	10	11:56	24	11:56