



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

Detailed evaluation

Lotz, Nicole

Club: Die Unglaublichen
Number: 245

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

Category:
Frauen 50 bis 59 Jahre

Total time: 59:51

Speed: 10.03 km/h
Running performance: 5:42 min/km

Rank in course/Total: 231 (of 389)

Rank in course/Women: 26 (of 88)

Best time in course: 45:40

Rank in category: 3(of 16)

Best time in the category: 50:16

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	12:32	5:58	6	2:36	42	3:43	2.10	12:32	5:58	6	2:36	42	3:43
Rundenzeit	2.10	11:33	5:30	3	1:42	28	9:55	4.20	24:05	5:44	4	4:18	38	6:11
Rundenzeit	2.10	11:56	5:40	3	1:56	27	2:42	6.30	36:01	5:43	4	6:14	31	8:46
Rundenzeit	2.10	11:47	5:36	3	1:36	24	2:18	8.40	47:48	5:41	3	7:50	26	10:59
Finish	2.10	12:03	5:44	4	1:45	30	3:13	10.50	59:51	5:42	3	9:35	26	14:11