



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

Detailed evaluation

Wojciechowski, Cornelia

Club: SV Kyffhäuser
Number: 444

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

Category:
Frauen 50 bis 59 Jahre

Total time: 1:00:04

Speed: 9.99 km/h
Running performance: 5:43 min/km

Rank in course/Total: 236 (of 389)

Rank in course/Women: 28 (of 88)

Best time in course: 45:40

Rank in category: 4(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	12:06	5:45	4	2:10	30	3:17	2.10	12:06	5:45	4	2:10	30	3:17
Rundenzeit	2.10	11:49	5:37	5	1:58	36	10:11	4.20	23:55	5:41	3	4:08	33	6:01
Rundenzeit	2.10	12:03	5:44	5	2:03	30	2:49	6.30	35:58	5:42	3	6:11	30	8:43
Rundenzeit	2.10	12:12	5:48	4	2:01	28	2:43	8.40	48:10	5:44	4	8:12	29	11:21
Finish	2.10	11:54	5:40	3	1:36	25	3:04	10.50	1:00:04	5:43	4	9:48	28	14:24