



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Fliege, Gabi

Club: SUS Oberaden/Team Erdinger
Number: 109

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

Category:
Frauen 60 bis 69 Jahre

Total time: 1:00:06

Speed: 9.98 km/h
Running performance: 5:43 min/km

Rank in course/Total: 237 (of 389)

Rank in course/Women: 29 (of 88)

Best time in course: 45:40

Rank in category: 1(of 3)

Best time in the category: 1:00:06

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	11:13	5:20	1	-	19	2:24	2.10	11:13	5:20	1	-	19	2:24
Rundenzeit	2.10	11:50	5:38	1	-	38	10:12	4.20	23:03	5:29	1	-	23	5:09
Rundenzeit	2.10	12:25	5:54	1	-	40	3:11	6.30	35:28	5:37	1	-	27	8:13
Rundenzeit	2.10	12:33	5:58	1	-	36	3:04	8.40	48:01	5:42	1	-	28	11:12
Finish	2.10	12:05	5:45	1	-	31	3:15	10.50	1:00:06	5:43	1	-	29	14:26