



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

Detailed evaluation

Stelzer, Martina

Club: Heinsberg
Number: 379

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:00:51

Speed: 9.86 km/h
Running performance: 5:48 min/km

Rank in course/Total: 246 (of 389)

Rank in course/Women: 31 (of 88)

Best time in course: 45:40

Rank in category: 11(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	12:19	5:51	11	3:30	33	3:30	2.10	12:19	5:51	11	3:30	33	3:30
Rundenzeit	2.10	11:39	5:32	11	2:34	32	10:01	4.20	23:58	5:42	12	6:04	35	6:04
Rundenzeit	2.10	12:18	5:51	11	3:04	35	3:04	6.30	36:16	5:45	12	9:01	34	9:01
Rundenzeit	2.10	12:23	5:53	11	2:54	33	2:54	8.40	48:39	5:47	11	11:50	32	11:50
Finish	2.10	12:12	5:48	12	3:22	34	3:22	10.50	1:00:51	5:47	11	15:11	31	15:11