



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

Detailed evaluation

Woiwode, Yvonne

Club: MTV Förste
Number: 443

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:00:45

Speed: 9.88 km/h
Running performance: 5:47 min/km

Rank in course/Total: 245 (of 389)

Rank in course/Women: 30 (of 88)

Best time in course: 45:40

Rank in category: 10(of 22)

Best time in the category: 48:25

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	12:20	5:52	12	3:22	35	3:31	2.10	12:20	5:52	12	3:22	35	3:31
Rundenzeit	2.10	11:16	5:21	10	1:40	26	9:38	4.20	23:36	5:37	10	5:02	30	5:42
Rundenzeit	2.10	11:51	5:38	10	2:02	26	2:37	6.30	35:27	5:37	10	7:04	26	8:12
Rundenzeit	2.10	12:44	6:03	13	2:47	39	3:15	8.40	48:11	5:44	10	9:39	30	11:22
Finish	2.10	12:34	5:59	14	2:42	45	3:44	10.50	1:00:45	5:47	10	12:20	30	15:05