



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

Detailed evaluation

Unger, Carmen

Club: SV Burkhardtgrün  
Number: 406

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

Category:  
Frauen 50 bis 59 Jahre

Total time: 1:00:55

Speed: 9.85 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 248 (of 389)

Rank in course/Women: 33 (of 88)

Best time in course: 45:40

Rank in category: 5(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	12:23	5:53	5	2:27	37	3:34	2.10	12:23	5:53	5	2:27	37	3:34
Rundenzeit	2.10	11:54	5:40	6	2:03	40	10:16	4.20	24:17	5:46	6	4:30	41	6:23
Rundenzeit	2.10	12:08	5:46	6	2:08	32	2:54	6.30	36:25	5:46	5	6:38	37	9:10
Rundenzeit	2.10	12:22	5:53	5	2:11	31	2:53	8.40	48:47	5:48	5	8:49	34	11:58
Finish	2.10	12:08	5:46	5	1:50	33	3:18	10.50	1:00:55	5:48	5	10:39	33	15:15