



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Keller, Claudia

Club: Erfurt
Number: 193

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

Category:
Frauen 20 bis 29 Jahre

Total time: 1:00:53

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

Rank in course/Total: 247 (of 389)

Rank in course/Women: 32 (of 88)

Best time in course: 45:40

Rank in category: 5(of 14)

Best time in the category: 49:40

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	12:25	5:54	8	1:45	38	3:36	2.10	12:25	5:54	8	1:45	38	3:36
Rundenzeit	2.10	11:36	5:31	7	9:58	31	9:58	4.20	24:01	5:43	9	2:51	37	6:07
Rundenzeit	2.10	12:04	5:44	5	2:32	31	2:50	6.30	36:05	5:43	5	5:23	32	8:50
Rundenzeit	2.10	12:18	5:51	5	2:48	30	2:49	8.40	48:23	5:45	5	8:11	31	11:34
Finish	2.10	12:30	5:57	8	3:02	42	3:40	10.50	1:00:53	5:47	5	11:13	32	15:13