



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

Detailed evaluation

Schirmbacher, Odette

Club: sc impuls erfurt
Number: 336

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:01:04

Speed: 9.83 km/h
Running performance: 5:49 min/km

Rank in course/Total: 253 (of 389)

Rank in course/Women: 34 (of 88)

Best time in course: 45:40

Rank in category: 11(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	12:13	5:49	10	3:15	31	3:24	2.10	12:13	5:49	10	3:15	31	3:24
Rundenzeit	2.10	11:43	5:34	11	2:07	33	10:05	4.20	23:56	5:41	11	5:22	34	6:02
Rundenzeit	2.10	12:16	5:50	11	2:27	33	3:02	6.30	36:12	5:44	11	7:49	33	8:57
Rundenzeit	2.10	12:27	5:55	12	2:30	34	2:58	8.40	48:39	5:47	11	10:07	32	11:50
Finish	2.10	12:25	5:54	12	2:33	41	3:35	10.50	1:01:04	5:48	11	12:39	34	15:24