



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

Detailed evaluation

Hennicke, Anne - Kathleen

Club: Team Kyffhäuser  
Number: 159

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

Category:  
Frauen 20 bis 29 Jahre

Total time: 1:01:12

Speed: 9.80 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 255 (of 389)

Rank in course/Women: 35 (of 88)

Best time in course: 45:40

Rank in category: 6(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	11:31	5:29	2	0:51	20	2:42	2.10	11:31	5:29	2	0:51	20	2:42
Rundenzeit	2.10	12:09	5:47	10	10:31	45	10:31	4.20	23:40	5:38	6	2:30	31	5:46
Rundenzeit	2.10	12:49	6:06	9	3:17	49	3:35	6.30	36:29	5:47	8	5:47	38	9:14
Rundenzeit	2.10	12:42	6:02	6	3:12	38	3:13	8.40	49:11	5:51	6	8:59	36	12:22
Finish	2.10	12:01	5:43	5	2:33	29	3:11	10.50	1:01:12	5:49	6	11:32	35	15:32