



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

Detailed evaluation

Kirchner, Sophia

Club: Berlin
Number: 195

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

Category:
Frauen 20 bis 29 Jahre

Total time: 1:01:18

Speed: 9.79 km/h
Running performance: 5:50 min/km

Rank in course/Total: 258 (of 389)

Rank in course/Women: 36 (of 88)

Best time in course: 45:40

Rank in category: 7(of 14)

Best time in the category: 49:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Rundenzeit	2.10	11:40	5:33	4	23	1:00	2:51	2.10	11:40	5:33	4	23	1:00	2:51
Rundenzeit	2.10	11:55	5:40	8	41	10:17	10:17	4.20	23:35	5:36	4	28	2:25	5:41
Rundenzeit	2.10	12:47	6:05	8	48	3:15	3:33	6.30	36:22	5:46	7	36	5:40	9:07
Rundenzeit	2.10	12:59	6:10	7	45	3:29	3:30	8.40	49:21	5:52	7	37	9:09	12:32
Finish	2.10	11:57	5:41	3	27	2:29	3:07	10.50	1:01:18	5:50	7	36	11:38	15:38