



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

Detailed evaluation

Wessels, Ivka

Club: Osnabrück
Number: 429

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:01:58

Speed: 9.68 km/h
Running performance: 5:54 min/km

Rank in course/Total: 267 (of 389)

Rank in course/Women: 39 (of 88)

Best time in course: 45:40

Rank in category: 12(of 28)

Best time in the category: 45:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.10	12:36	6:00	13	3:47	43	3:47	2.10	12:36	6:00	13	3:47	43	3:47
Rundenzeit	2.10	11:53	5:39	13	2:48	39	10:15	4.20	24:29	5:49	13	6:35	42	6:35
Rundenzeit	2.10	12:18	5:51	11	3:04	35	3:04	6.30	36:47	5:50	13	9:32	40	9:32
Rundenzeit	2.10	12:54	6:08	13	3:25	41	3:25	8.40	49:41	5:54	13	12:52	40	12:52
Finish	2.10	12:17	5:50	13	3:27	37	3:27	10.50	1:01:58	5:54	12	16:18	39	16:18