



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Mezger, Manuela

Club: ultraSPORT Kocher - Jagsttal

Number: 260

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Frauen 40 bis 49 Jahre

Total time: 1:02:03

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 269 (of 389)

Rank in course/Women: 40 (of 88)

Best time in course: 45:40

Rank in category: 13(of 22)

Best time in the category: 48:25

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	11:48	5:37	8	2:50	27	2:59	2.10	11:48	5:37	8	2:50	27	2:59
Rundenzeit	2.10	12:27	5:55	17	2:51	52	10:49	4.20	24:15	5:46	12	5:41	40	6:21
Rundenzeit	2.10	12:36	6:00	14	2:47	42	3:22	6.30	36:51	5:50	13	8:28	42	9:36
Rundenzeit	2.10	12:55	6:09	15	2:58	43	3:26	8.40	49:46	5:55	13	11:14	42	12:57
Finish	2.10	12:17	5:50	10	2:25	37	3:27	10.50	1:02:03	5:54	13	13:38	40	16:23