



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

Detailed evaluation

Stahn, Brigitte

Club: SC Langenhagen
Number: 375

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

Category:
Frauen 50 bis 59 Jahre

Total time: 1:02:27

Speed: 9.61 km/h
Running performance: 5:57 min/km

Rank in course/Total: 275 (of 389)

Rank in course/Women: 41 (of 88)

Best time in course: 45:40

Rank in category: 6(of 16)

Best time in the category: 50:16

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	13:28	6:24	8	3:32	56	4:39	2.10	13:28	6:24	8	3:32	56	4:39
Rundenzeit	2.10	11:46	5:36	4	1:55	35	10:08	4.20	25:14	6:00	7	5:27	47	7:20
Rundenzeit	2.10	12:01	5:43	4	2:01	29	2:47	6.30	37:15	5:54	6	7:28	43	10:00
Rundenzeit	2.10	12:29	5:56	6	2:18	35	3:00	8.40	49:44	5:55	6	9:46	41	12:55
Finish	2.10	12:43	6:03	7	2:25	46	3:53	10.50	1:02:27	5:56	6	12:11	41	16:47