



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

Detailed evaluation

Grünert, Yvonne

Club: Chemnitz
Number: 140

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:03:05

Speed: 9.51 km/h
Running performance: 6:01 min/km

Rank in course/Total: 281 (of 389)

Rank in course/Women: 43 (of 88)

Best time in course: 45:40

Rank in category: 14(of 22)

Best time in the category: 48:25

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	14:07	6:43	20	5:09	67	5:18	2.10	14:07	6:43	20	5:09	67	5:18
Rundenzeit	2.10	11:49	5:37	12	2:13	36	10:11	4.20	25:56	6:10	16	7:22	53	8:02
Rundenzeit	2.10	12:16	5:50	11	2:27	33	3:02	6.30	38:12	6:03	15	9:49	47	10:57
Rundenzeit	2.10	12:22	5:53	11	2:25	31	2:53	8.40	50:34	6:01	14	12:02	44	13:45
Finish	2.10	12:31	5:57	13	2:39	43	3:41	10.50	1:03:05	6:00	14	14:40	43	17:25