



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

Detailed evaluation

Schaake, Martina

Club: Laufteam Wolfhagen
Number: 329

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:03:32

Speed: 9.44 km/h
Running performance: 6:03 min/km

Rank in course/Total: 284 (of 389)

Rank in course/Women: 44 (of 88)

Best time in course: 45:40

Rank in category: 15(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	12:47	6:05	15	3:49	47	3:58	2.10	12:47	6:05	15	3:49	47	3:58
Rundenzeit	2.10	12:21	5:52	15	2:45	47	10:43	4.20	25:08	5:59	14	6:34	45	7:14
Rundenzeit	2.10	12:42	6:02	15	2:53	45	3:28	6.30	37:50	6:00	14	9:27	45	10:35
Rundenzeit	2.10	12:58	6:10	16	3:01	44	3:29	8.40	50:48	6:02	15	12:16	45	13:59
Finish	2.10	12:44	6:03	15	2:52	47	3:54	10.50	1:03:32	6:03	15	15:07	44	17:52