



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Erpel, Gesine**

Club: Volkssport Luckenwalde

Number: 32

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Frauen 50 bis 59 Jahre

Total time: 1:04:26

Speed: 9.31 km/h

Running performance: 6:08 min/km

Rank in course/Total: 295 (of 389)

Rank in course/Women: 47 (of 88)

Best time in course: 45:40

Rank in category: 8(of 16)

Best time in the category: 50:16

### 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	14:09	6:44	11	4:13	69	5:20	2.10	14:09	6:44	11	4:13	69	5:20
Rundenzeit	2.10	12:44	6:03	8	2:53	54	11:06	4.20	26:53	6:24	9	7:06	59	8:59
Rundenzeit	2.10	12:27	5:55	7	2:27	41	3:13	6.30	39:20	6:14	8	9:33	55	12:05
Rundenzeit	2.10	12:54	6:08	7	2:43	41	3:25	8.40	52:14	6:13	8	12:16	52	15:25
Finish	2.10	12:12	5:48	6	1:54	34	3:22	10.50	1:04:26	6:08	8	14:10	47	18:46