



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

Detailed evaluation

Gruel-Dovner, Marina

Club: MTV Müden  
Number: 137

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

Category:  
Frauen 40 bis 49 Jahre

Total time: 1:04:40

Speed: 9.28 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 297 (of 389)

Rank in course/Women: 49 (of 88)

Best time in course: 45:40

Rank in category: 16(of 22)

Best time in the category: 48:25

Control	Intermediate times			Stage score				Total ranking						
	Split km	Split Time	Split min/km	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	14:06	6:42	19	5:08	66	5:17	2.10	14:06	6:42	19	5:08	66	5:17
Rundenzeit	2.10	12:02	5:43	13	2:26	43	10:24	4.20	26:08	6:13	17	7:34	54	8:14
Rundenzeit	2.10	12:54	6:08	16	3:05	50	3:40	6.30	39:02	6:11	16	10:39	51	11:47
Rundenzeit	2.10	12:46	6:04	14	2:49	40	3:17	8.40	51:48	6:09	16	13:16	47	14:59
Finish	2.10	12:52	6:07	16	3:00	48	4:02	10.50	1:04:40	6:09	16	16:15	49	19:00