



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

Detailed evaluation

Tralls, Annika

Club: Harzer Keiler.e.V.
Number: 400

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

Category:
Frauen 20 bis 29 Jahre

Total time: 1:04:16

Speed: 9.34 km/h
Running performance: 6:07 min/km

Rank in course/Total: 291 (of 389)

Rank in course/Women: 46 (of 88)

Best time in course: 45:40

Rank in category: 9(of 14)

Best time in the category: 49:40

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	12:20	5:52	7	1:40	35	3:31	2.10	12:20	5:52	7	1:40	35	3:31
Rundenzeit	2.10	11:33	5:30	5	9:55	28	9:55	4.20	23:53	5:41	7	2:43	32	5:59
Rundenzeit	2.10	12:38	6:00	6	3:06	43	3:24	6.30	36:31	5:47	9	5:49	39	9:16
Rundenzeit	2.10	13:25	6:23	10	3:55	51	3:56	8.40	49:56	5:56	9	9:44	43	13:07
Finish	2.10	14:20	6:49	12	4:52	64	5:30	10.50	1:04:16	6:07	9	14:36	46	18:36