



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

Detailed evaluation

Dietze, Karmen

Club: LG eXa Leipzig e.V.
Number: 73

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

Category:
Frauen 30 bis 39 Jahre

Total time: 45:40

Speed: 13.14 km/h
Running performance: 4:21 min/km

Rank in course/Total: 25 (of 389)

Rank in course/Women: 1 (of 88)

Best time in course: 45:40

Rank in category: 1(of 28)

Best time in the category: 45:40

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	8:58	4:16	2	0:09	2	0:09	2.10	8:58	4:16	2	0:09	2	0:09
Rundenzeit	2.10	9:09	4:21	2	0:04	3	7:31	4.20	18:07	4:18	2	0:13	2	0:13
Rundenzeit	2.10	9:14	4:23	1	-	1	-	6.30	27:21	4:20	2	0:06	2	0:06
Rundenzeit	2.10	9:29	4:30	1	-	1	-	8.40	36:50	4:23	2	0:01	2	0:01
Finish	2.10	8:50	4:12	1	-	1	-	10.50	45:40	4:20	1	-	1	-