



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

Detailed evaluation

Flachowsky, Susanne

Club: Leipzig
Number: 107

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:05:41

Speed: 9.13 km/h
Running performance: 6:16 min/km

Rank in course/Total: 305 (of 389)

Rank in course/Women: 50 (of 88)

Best time in course: 45:40

Rank in category: 15(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	12:51	6:07	15	4:02	49	4:02	2.10	12:51	6:07	15	4:02	49	4:02
Rundenzeit	2.10	12:21	5:52	15	3:16	47	10:43	4.20	25:12	6:00	14	7:18	46	7:18
Rundenzeit	2.10	13:03	6:12	17	3:49	52	3:49	6.30	38:15	6:04	15	11:00	48	11:00
Rundenzeit	2.10	13:39	6:30	18	4:10	57	4:10	8.40	51:54	6:10	15	15:05	49	15:05
Finish	2.10	13:47	6:33	20	4:57	58	4:57	10.50	1:05:41	6:15	15	20:01	50	20:01