



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

Detailed evaluation

Pollack, Annett

Club: Hennigsdorf
Number: 302

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:05:55

Speed: 9.10 km/h
Running performance: 6:17 min/km

Rank in course/Total: 308 (of 389)

Rank in course/Women: 52 (of 88)

Best time in course: 45:40

Rank in category: 17(of 22)

Best time in the category: 48:25

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	13:47	6:33	18	4:49	61	4:58	2.10	13:47	6:33	18	4:49	61	4:58
Rundenzeit	2.10	12:21	5:52	15	2:45	47	10:43	4.20	26:08	6:13	17	7:34	54	8:14
Rundenzeit	2.10	13:17	6:19	17	3:28	56	4:03	6.30	39:25	6:15	18	11:02	56	12:10
Rundenzeit	2.10	13:18	6:19	17	3:21	49	3:49	8.40	52:43	6:16	17	14:11	54	15:54
Finish	2.10	13:12	6:17	17	3:20	50	4:22	10.50	1:05:55	6:16	17	17:30	52	20:15