



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

Detailed evaluation

Lohmann, Janina

Club: SG Stern Hamburg
Number: 240

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

Category:
Frauen 20 bis 29 Jahre

Total time: 1:06:04

Speed: 9.08 km/h
Running performance: 6:17 min/km

Rank in course/Total: 311 (of 389)

Rank in course/Women: 53 (of 88)

Best time in course: 45:40

Rank in category: 11(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	13:43	6:31	11	3:03	59	4:54	2.10	13:43	6:31	11	3:03	59	4:54
Rundenzeit	2.10	12:50	6:06	12	11:12	58	11:12	4.20	26:33	6:19	11	5:23	57	8:39
Rundenzeit	2.10	12:54	6:08	10	3:22	50	3:40	6.30	39:27	6:15	11	8:45	58	12:12
Rundenzeit	2.10	13:24	6:22	9	3:54	50	3:55	8.40	52:51	6:17	11	12:39	57	16:02
Finish	2.10	13:13	6:17	10	3:45	52	4:23	10.50	1:06:04	6:17	11	16:24	53	20:24