



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

Detailed evaluation

Fechner, Sonja

Club: LCMarathon Rotenburg
Number: 101

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:06:30

Speed: 9.02 km/h
Running performance: 6:20 min/km

Rank in course/Total: 314 (of 389)

Rank in course/Women: 54 (of 88)

Best time in course: 45:40

Rank in category: 16(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	12:57	6:09	17	4:08	53	4:08	2.10	12:57	6:09	17	4:08	53	4:08
Rundenzeit	2.10	12:49	6:06	18	3:44	57	11:11	4.20	25:46	6:08	17	7:52	51	7:52
Rundenzeit	2.10	13:31	6:26	20	4:17	59	4:17	6.30	39:17	6:14	18	12:02	54	12:02
Rundenzeit	2.10	13:27	6:24	16	3:58	52	3:58	8.40	52:44	6:16	18	15:55	55	15:55
Finish	2.10	13:46	6:33	19	4:56	57	4:56	10.50	1:06:30	6:19	16	20:50	54	20:50