



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

Detailed evaluation

Wiesener, Petra

Club: LC Marathon Rotenburg
Number: 434

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:06:32

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

Rank in course/Total: 316 (of 389)

Rank in course/Women: 55 (of 88)

Best time in course: 45:40

Rank in category: 18(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	12:56	6:09	16	3:58	52	4:07	2.10	12:56	6:09	16	3:58	52	4:07
Rundenzeit	2.10	12:47	6:05	18	3:11	56	11:09	4.20	25:43	6:07	15	7:09	50	7:49
Rundenzeit	2.10	13:33	6:27	18	3:44	60	4:19	6.30	39:16	6:13	17	10:53	53	12:01
Rundenzeit	2.10	13:28	6:24	18	3:31	53	3:59	8.40	52:44	6:16	18	14:12	55	15:55
Finish	2.10	13:48	6:34	18	3:56	59	4:58	10.50	1:06:32	6:20	18	18:07	55	20:52