



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

Detailed evaluation

Muhl, Sandy

Club: Leipzig  
Number: 270

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 1:06:57

Speed: 8.96 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 318 (of 389)

Rank in course/Women: 56 (of 88)

Best time in course: 45:40

Rank in category: 17(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	12:23	5:53	16	3:18	50	10:45	4.20	25:14	6:00	15	7:20	47	7:20
Rundenzeit	2.10	13:17	6:19	19	4:03	56	4:03	6.30	38:31	6:06	16	11:16	50	11:16
Rundenzeit	2.10	14:09	6:44	20	4:40	60	4:40	8.40	52:40	6:16	17	15:51	53	15:51
Finish	2.10	14:17	6:48	21	5:27	63	5:27	10.50	1:06:57	6:22	17	21:17	56	21:17