



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

Detailed evaluation

Hofmann, Susann

Club: HCC

Number: 171

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Frauen 30 bis 39 Jahre

Total time: 1:07:03

Speed: 8.95 km/h

Running performance: 6:23 min/km

Rank in course/Total: 321 (of 389)

Rank in course/Women: 57 (of 88)

Best time in course: 45:40

Rank in category: 18(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	14:15	6:47	22	5:26	74	5:26	2.10	14:15	6:47	22	5:26	74	5:26
Rundenzeit	2.10	13:04	6:13	19	3:59	60	11:26	4.20	27:19	6:30	20	9:25	66	9:25
Rundenzeit	2.10	13:12	6:17	18	3:58	55	3:58	6.30	40:31	6:25	19	13:16	60	13:16
Rundenzeit	2.10	13:04	6:13	15	3:35	48	3:35	8.40	53:35	6:22	19	16:46	58	16:46
Finish	2.10	13:28	6:24	17	4:38	54	4:38	10.50	1:07:03	6:23	18	21:23	57	21:23