



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

Detailed evaluation

Rettmann, Alina

Club: Jork

Number: 311

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Frauen 20 bis 29 Jahre

Total time: 1:07:28

Speed: 8.89 km/h

Running performance: 6:26 min/km

Rank in course/Total: 324 (of 389)

Rank in course/Women: 58 (of 88)

Best time in course: 45:40

Rank in category: 12(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	13:51	6:35	12	3:11	62	5:02	2.10	13:51	6:35	12	3:11	62	5:02
Rundenzeit	2.10	13:19	6:20	13	11:41	61	11:41	4.20	27:10	6:28	12	6:00	62	9:16
Rundenzeit	2.10	13:09	6:15	11	3:37	54	3:55	6.30	40:19	6:23	12	9:37	59	13:04
Rundenzeit	2.10	14:04	6:41	12	4:34	59	4:35	8.40	54:23	6:28	12	14:11	60	17:34
Finish	2.10	13:05	6:13	9	3:37	49	4:15	10.50	1:07:28	6:25	12	17:48	58	21:48