



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

Detailed evaluation

Lorenz, Kristina

Club: Berlin
Number: 243

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:07:30

Speed: 8.89 km/h
Running performance: 6:26 min/km

Rank in course/Total: 325 (of 389)

Rank in course/Women: 59 (of 88)

Best time in course: 45:40

Rank in category: 19(of 28)

Best time in the category: 45:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Rundenzeit	2.10	15:22	7:19	25	6:33	82	6:33	2.10	15:22	7:19	25	6:33	82	6:33
Rundenzeit	2.10	14:37	6:57	24	5:32	79	12:59	4.20	29:59	7:08	24	12:05	80	12:05
Rundenzeit	2.10	12:20	5:52	14	3:06	39	3:06	6.30	42:19	6:43	23	15:04	70	15:04
Rundenzeit	2.10	12:39	6:01	12	3:10	37	3:10	8.40	54:58	6:32	20	18:09	61	18:09
Finish	2.10	12:32	5:58	15	3:42	44	3:42	10.50	1:07:30	6:25	19	21:50	59	21:50