



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

Detailed evaluation

Lullei, Bettina

Club: Running Bros Coburg
Number: 247

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:08:11

Speed: 8.80 km/h
Running performance: 6:29 min/km

Rank in course/Total: 329 (of 389)

Rank in course/Women: 60 (of 88)

Best time in course: 45:40

Rank in category: 20(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	12:48	6:05	14	3:59	48	3:59	2.10	12:48	6:05	14	3:59	48	3:59
Rundenzeit	2.10	12:46	6:04	17	3:41	55	11:08	4.20	25:34	6:05	16	7:40	49	7:40
Rundenzeit	2.10	12:18	5:51	11	3:04	35	3:04	6.30	37:52	6:00	14	10:37	46	10:37
Rundenzeit	2.10	13:58	6:39	19	4:29	58	4:29	8.40	51:50	6:10	14	15:01	48	15:01
Finish	2.10	16:21	7:47	27	7:31	82	7:31	10.50	1:08:11	6:29	20	22:31	60	22:31