



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

Detailed evaluation

Hinze, Monika

Club: SV Burkhardtgrün
Number: 166

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

Category:
Frauen 60 bis 69 Jahre

Total time: 1:08:29

Speed: 8.76 km/h
Running performance: 6:31 min/km

Rank in course/Total: 332 (of 389)

Rank in course/Women: 61 (of 88)

Best time in course: 45:40

Rank in category: 2(of 3)

Best time in the category: 1:00:06

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	2	1:38	49	4:02	2.10	12:51	6:07	2	1:38	49	4:02
Rundenzeit	2.10	12:57	6:09	2	1:07	59	11:19	4.20	25:48	6:08	2	2:45	52	7:54
Rundenzeit	2.10	13:38	6:29	2	1:13	61	4:24	6.30	39:26	6:15	2	3:58	57	12:11
Rundenzeit	2.10	14:36	6:57	2	2:03	63	5:07	8.40	54:02	6:25	2	6:01	59	17:13
Finish	2.10	14:27	6:52	2	2:22	67	5:37	10.50	1:08:29	6:31	2	8:23	61	22:49