



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

Detailed evaluation

Dick, Bärbel

Club: Eschwege
Number: 70

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:09:35

Speed: 8.62 km/h
Running performance: 6:38 min/km

Rank in course/Total: 338 (of 389)

Rank in course/Women: 62 (of 88)

Best time in course: 45:40

Rank in category: 19(of 22)

Best time in the category: 48:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.10	13:46	6:33	17	4:48	60	4:57	2.10	13:46	6:33	17	4:48	60	4:57
Rundenzeit	2.10	13:26	6:23	19	3:50	65	11:48	4.20	27:12	6:28	20	8:38	64	9:18
Rundenzeit	2.10	13:54	6:37	19	4:05	64	4:40	6.30	41:06	6:31	19	12:43	63	13:51
Rundenzeit	2.10	14:15	6:47	19	4:18	61	4:46	8.40	55:21	6:35	19	16:49	62	18:32
Finish	2.10	14:14	6:46	20	4:22	62	5:24	10.50	1:09:35	6:37	19	21:10	62	23:55