



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

Detailed evaluation

Müller, Saskia

Club: Harzer Keiler e.V.  
Number: 276

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 1:09:42

Speed: 8.61 km/h  
Running performance: 6:38 min/km

Rank in course/Total: 339 (of 389)

Rank in course/Women: 63 (of 88)

Best time in course: 45:40

Rank in category: 21(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	13:57	6:38	20	5:08	64	5:08	2.10	13:57	6:38	20	5:08	64	5:08
Rundenzeit	2.10	13:21	6:21	20	4:16	63	11:43	4.20	27:18	6:30	19	9:24	65	9:24
Rundenzeit	2.10	13:55	6:37	21	4:41	65	4:41	6.30	41:13	6:32	20	13:58	64	13:58
Rundenzeit	2.10	14:45	7:01	21	5:16	65	5:16	8.40	55:58	6:39	21	19:09	65	19:09
Finish	2.10	13:44	6:32	18	4:54	56	4:54	10.50	1:09:42	6:38	21	24:02	63	24:02