



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

Detailed evaluation

Metz-Rettmann, Ute

Club: Jork  
Number: 257

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

Category:  
Frauen 50 bis 59 Jahre

Total time: 1:10:28

Speed: 8.51 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 344 (of 389)

Rank in course/Women: 64 (of 88)

Best time in course: 45:40

Rank in category: 9(of 16)

Best time in the category: 50:16

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	13:51	6:35	9	62	3:55	5:02	2.10	13:51	6:35	9	62	3:55	5:02
Rundenzeit	2.10	13:19	6:20	9	61	3:28	11:41	4.20	27:10	6:28	10	62	7:23	9:16
Rundenzeit	2.10	13:50	6:35	9	62	3:50	4:36	6.30	41:00	6:30	10	62	11:13	13:45
Rundenzeit	2.10	14:51	7:04	11	66	4:40	5:22	8.40	55:51	6:38	10	64	15:53	19:02
Finish	2.10	14:37	6:57	10	69	4:19	5:47	10.50	1:10:28	6:42	9	64	20:12	24:48