



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

Detailed evaluation

Röschenkemper, Astrid

Club: TV Hohne
Number: 325

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

Category:
Frauen 50 bis 59 Jahre

Total time: 1:10:55

Speed: 8.46 km/h
Running performance: 6:45 min/km

Rank in course/Total: 345 (of 389)

Rank in course/Women: 65 (of 88)

Best time in course: 45:40

Rank in category: 10(of 16)

Best time in the category: 50:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking								
				Pos Cat.	Behind Cat.	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women		
Rundenzeit	2.10	14:40	6:59	14	4:44	77	5:51	2.10	14:40	6:59	14	4:44	77	5:51
Rundenzeit	2.10	13:38	6:29	11	3:47	66	12:00	4.20	28:18	6:44	13	8:31	74	10:24
Rundenzeit	2.10	13:53	6:36	10	3:53	63	4:39	6.30	42:11	6:41	11	12:24	67	14:56
Rundenzeit	2.10	14:19	6:49	9	4:08	62	4:50	8.40	56:30	6:43	11	16:32	66	19:41
Finish	2.10	14:25	6:51	9	4:07	65	5:35	10.50	1:10:55	6:45	10	20:39	65	25:15