



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

Detailed evaluation

Technau, Sylvia

Club: Thamsbrück
Number: 391

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:11:25

Speed: 8.40 km/h
Running performance: 6:48 min/km

Rank in course/Total: 346 (of 389)

Rank in course/Women: 66 (of 88)

Best time in course: 45:40

Rank in category: 20(of 22)

Best time in the category: 48:25

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	12:46	6:04	14	3:48	46	3:57	2.10	12:46	6:04	14	3:48	46	3:57
Rundenzeit	2.10	14:20	6:49	21	4:44	76	12:42	4.20	27:06	6:27	19	8:32	60	9:12
Rundenzeit	2.10	15:11	7:13	21	5:22	78	5:57	6.30	42:17	6:42	20	13:54	68	15:02
Rundenzeit	2.10	15:06	7:11	20	5:09	69	5:37	8.40	57:23	6:49	20	18:51	68	20:34
Finish	2.10	14:02	6:40	19	4:10	60	5:12	10.50	1:11:25	6:48	20	23:00	66	25:45