



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

Detailed evaluation

Technau, Robyn Lina

Club: Empor Bad Langensalza  
Number: 390

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

Category:  
Juniorinnen 16 bis 19 Jahre

Total time: 1:11:25

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

Rank in course/Total: 347 (of 389)

Rank in course/Women: 66 (of 88)

Best time in course: 45:40

Rank in category: 2(of 5)

Best time in the category: 54:18

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	12:45	6:04	2	2:07	45	3:56	2.10	12:45	6:04	2	2:07	45	3:56
Rundenzeit	2.10	14:21	6:49	4	3:35	77	12:43	4.20	27:06	6:27	2	5:42	60	9:12
Rundenzeit	2.10	15:11	7:13	4	4:10	78	5:57	6.30	42:17	6:42	2	9:52	68	15:02
Rundenzeit	2.10	15:06	7:11	3	4:00	69	5:37	8.40	57:23	6:49	2	13:52	68	20:34
Finish	2.10	14:02	6:40	2	3:15	60	5:12	10.50	1:11:25	6:48	2	17:07	66	25:45