



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

Detailed evaluation

Käding, Heidi

Club: Chemnitz  
Number: 188

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

Category:  
Frauen 50 bis 59 Jahre

Total time: 1:12:10

Speed: 8.31 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 350 (of 389)

Rank in course/Women: 68 (of 88)

Best time in course: 45:40

Rank in category: 11(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.10	14:08	6:43	10	4:12	68	5:19	2.10	14:08	6:43	10	4:12	68	5:19
Rundenzeit	2.10	14:08	6:43	14	4:17	74	12:30	4.20	28:16	6:43	12	8:29	73	10:22
Rundenzeit	2.10	14:21	6:49	12	4:21	67	5:07	6.30	42:37	6:45	12	12:50	71	15:22
Rundenzeit	2.10	14:36	6:57	10	4:25	63	5:07	8.40	57:13	6:48	12	17:15	67	20:24
Finish	2.10	14:57	7:07	12	4:39	71	6:07	10.50	1:12:10	6:52	11	21:54	68	26:30