



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

Detailed evaluation

Jablonowski, Alexandra

Club: Coburg  
Number: 181

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 1:13:07

Speed: 8.21 km/h  
Running performance: 6:58 min/km

Rank in course/Total: 354 (of 389)

Rank in course/Women: 70 (of 88)

Best time in course: 45:40

Rank in category: 22(of 28)

Best time in the category: 45:40

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	13:35	6:28	19	4:46	58	4:46	2.10	13:35	6:28	19	4:46	58	4:46
Rundenzeit	2.10	13:52	6:36	21	4:47	68	12:14	4.20	27:27	6:32	22	9:33	68	9:33
Rundenzeit	2.10	14:33	6:55	22	5:19	68	5:19	6.30	42:00	6:39	21	14:45	65	14:45
Rundenzeit	2.10	15:35	7:25	23	6:06	75	6:06	8.40	57:35	6:51	22	20:46	70	20:46
Finish	2.10	15:32	7:23	24	6:42	77	6:42	10.50	1:13:07	6:57	22	27:27	70	27:27