



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

Detailed evaluation

Reuß, Anja

Club: Coburg  
Number: 312

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 1:13:07

Speed: 8.62 km/h  
Running performance: 6:58 min/km

Rank in course/Total: 355 (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	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Rundenzeit	2.10	13:31	6:26	18	57	4:42	4:42	2.10	13:31	6:26	18	57	4:42	4:42
Rundenzeit	2.10	13:54	6:37	22	69	4:49	12:16	4.20	27:25	6:31	21	67	9:31	9:31
Rundenzeit	2.10	14:35	6:56	23	69	5:21	5:21	6.30	42:00	6:39	21	65	14:45	14:45
Rundenzeit	2.10	15:35	7:25	23	75	6:06	6:06	8.40	57:35	6:51	22	70	20:46	20:46
Finish	2.10	15:32	7:23	24	77	6:42	6:42	10.50	1:13:07	6:57	22	70	27:27	27:27