



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

Detailed evaluation

Kircher, Kerstin

Club: Run & Bike Team Coburg  
Number: 194

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

Category:  
Frauen 50 bis 59 Jahre

Total time: 1:13:17

Speed: 8.19 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 356 (of 389)

Rank in course/Women: 72 (of 88)

Best time in course: 45:40

Rank in category: 12(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	14:31	6:54	13	4:35	76	5:42	2.10	14:31	6:54	13	4:35	76	5:42
Rundenzeit	2.10	13:39	6:30	12	3:48	67	12:01	4.20	28:10	6:42	11	8:23	71	10:16
Rundenzeit	2.10	14:55	7:06	14	4:55	74	5:41	6.30	43:05	6:50	13	13:18	73	15:50
Rundenzeit	2.10	15:25	7:20	14	5:14	73	5:56	8.40	58:30	6:57	13	18:32	73	21:41
Finish	2.10	14:47	7:02	11	4:29	70	5:57	10.50	1:13:17	6:58	12	23:01	72	27:37