



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

Detailed evaluation

Stünkel, Sonja

Club: MTV Oldendorf  
Number: 386

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 1:14:09

Speed: 8.09 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 361 (of 389)

Rank in course/Women: 74 (of 88)

Best time in course: 45:40

Rank in category: 24(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	14:20	6:49	23	5:31	75	5:31	2.10	14:20	6:49	23	5:31	75	5:31
Rundenzeit	2.10	14:06	6:42	23	5:01	71	12:28	4.20	28:26	6:46	23	10:32	76	10:32
Rundenzeit	2.10	14:53	7:05	24	5:39	73	5:39	6.30	43:19	6:52	24	16:04	75	16:04
Rundenzeit	2.10	15:35	7:25	23	6:06	75	6:06	8.40	58:54	7:00	24	22:05	75	22:05
Finish	2.10	15:15	7:15	23	6:25	73	6:25	10.50	1:14:09	7:03	24	28:29	74	28:29