



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

Detailed evaluation

Wiercinski, Sabrina

Club: TSV Sonnefeld
Number: 433

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

Category:
Frauen 30 bis 39 Jahre

Total time: 46:21

Speed: 12.94 km/h
Running performance: 4:25 min/km

Rank in course/Total: 32 (of 389)

Rank in course/Women: 2 (of 88)

Best time in course: 45:40

Rank in category: 2(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	8:49	4:11	1	-	1	-	2.10	8:49	4:11	1	-	1	-
Rundenzeit	2.10	9:05	4:19	1	-	2	7:27	4.20	17:54	4:15	1	-	1	-
Rundenzeit	2.10	9:21	4:27	2	0:07	2	0:07	6.30	27:15	4:19	1	-	1	-
Rundenzeit	2.10	9:34	4:33	3	0:05	4	0:05	8.40	36:49	4:22	1	-	1	-
Finish	2.10	9:32	4:32	3	0:42	4	0:42	10.50	46:21	4:24	2	0:41	2	0:41