



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

Detailed evaluation

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Club: BSG Commerzbank Hannover  
Number: 295

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

Category:  
Frauen 40 bis 49 Jahre

Total time: 1:15:10

Speed: 7.98 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 366 (of 389)

Rank in course/Women: 77 (of 88)

Best time in course: 45:40

Rank in category: 21(of 22)

Best time in the category: 48:25

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	14:10	6:44	21	5:12	70	5:21	2.10	14:10	6:44	21	5:12	70	5:21
Rundenzeit	2.10	14:04	6:41	20	4:28	70	12:26	4.20	28:14	6:43	21	9:40	72	10:20
Rundenzeit	2.10	15:07	7:11	20	5:18	76	5:53	6.30	43:21	6:52	21	14:58	76	16:06
Rundenzeit	2.10	15:42	7:28	21	5:45	79	6:13	8.40	59:03	7:01	21	20:31	76	22:14
Finish	2.10	16:07	7:40	21	6:15	81	7:17	10.50	1:15:10	7:09	21	26:45	77	29:30