



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

Detailed evaluation

Wichmann, Steffi

Club: Run4Soul  
Number: 432

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 1:15:38

Speed: 7.93 km/h  
Running performance: 7:12 min/km

Rank in course/Total: 367 (of 389)

Rank in course/Women: 78 (of 88)

Best time in course: 45:40

Rank in category: 25(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	15:03	7:10	24	6:14	79	6:14	2.10	15:03	7:10	24	6:14	79	6:14
Rundenzeit	2.10	15:03	7:10	25	5:58	82	13:25	4.20	30:06	7:10	25	12:12	81	12:12
Rundenzeit	2.10	15:10	7:13	25	5:56	77	5:56	6.30	45:16	7:11	25	18:01	81	18:01
Rundenzeit	2.10	15:22	7:19	22	5:53	71	5:53	8.40	1:00:38	7:13	25	23:49	80	23:49
Finish	2.10	15:00	7:08	22	6:10	72	6:10	10.50	1:15:38	7:12	25	29:58	78	29:58