



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

Detailed evaluation

Mertsch, Sibylle

Club: Ellwangen  
Number: 256

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

Category:  
Frauen 50 bis 59 Jahre

Total time: 1:15:55

Speed: 7.90 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 368 (of 389)

Rank in course/Women: 79 (of 88)

Best time in course: 45:40

Rank in category: 14(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	15:03	7:10	15	5:07	79	6:14	2.10	15:03	7:10	15	5:07	79	6:14
Rundenzeit	2.10	14:28	6:53	15	4:37	78	12:50	4.20	29:31	7:01	15	9:44	79	11:37
Rundenzeit	2.10	14:56	7:06	15	4:56	75	5:42	6.30	44:27	7:03	15	14:40	79	17:12
Rundenzeit	2.10	15:59	7:36	15	5:48	80	6:30	8.40	1:00:26	7:11	15	20:28	79	23:37
Finish	2.10	15:29	7:22	14	5:11	76	6:39	10.50	1:15:55	7:13	14	25:39	79	30:15