



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Raiß, Diana

Club: TV Büttelborn
Number: 307

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:18:50

Speed: 7.99 km/h
Running performance: 7:31 min/km

Rank in course/Total: 370 (of 389)

Rank in course/Women: 81 (of 88)

Best time in course: 45:40

Rank in category: 26(of 28)

Best time in the category: 45:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	15:56	7:35	26	7:07	83	7:07	2.10	15:56	7:35	26	7:07	83	7:07
Rundenzeit	2.10	15:03	7:10	25	5:58	82	13:25	4.20	30:59	7:22	26	13:05	83	13:05
Rundenzeit	2.10	15:38	7:26	26	6:24	81	6:24	6.30	46:37	7:23	26	19:22	82	19:22
Rundenzeit	2.10	16:29	7:50	26	7:00	82	7:00	8.40	1:03:06	7:30	26	26:17	82	26:17
Finish	2.10	15:44	7:29	26	6:54	79	6:54	10.50	1:18:50	7:30	26	33:10	81	33:10