



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

Detailed evaluation

Thiem, Liane

Club: AF-Personal-Training
Number: 396

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

Category:
Frauen 30 bis 39 Jahre

Total time: 46:22

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

Rank in course/Total: 34 (of 389)

Rank in course/Women: 3 (of 88)

Best time in course: 45:40

Rank in category: 3(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	8:58	4:16	2	0:09	2	0:09	2.10	8:58	4:16	2	0:09	2	0:09
Rundenzeit	2.10	9:10	4:21	3	0:05	4	7:32	4.20	18:08	4:19	3	0:14	3	0:14
Rundenzeit	2.10	9:22	4:27	3	0:08	3	0:08	6.30	27:30	4:21	3	0:15	3	0:15
Rundenzeit	2.10	9:29	4:30	1	-	1	-	8.40	36:59	4:24	3	0:10	3	0:10
Finish	2.10	9:23	4:28	2	0:33	2	0:33	10.50	46:22	4:24	3	0:42	3	0:42