



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

Detailed evaluation

Köhler, Kerstin

Club: Zwergenhaus Oranienburg
Number: 204

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

Category:
Frauen 50 bis 59 Jahre

Total time: 1:26:51

Speed: 6.91 km/h
Running performance: 8:16 min/km

Rank in course/Total: 377 (of 389)

Rank in course/Women: 84 (of 88)

Best time in course: 45:40

Rank in category: 15(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	16:12	7:42	16	6:16	85	7:23	2.10	16:12	7:42	16	6:16	85	7:23
Rundenzeit	2.10	16:40	7:56	16	6:49	86	15:02	4.20	32:52	7:49	16	13:05	85	14:58
Rundenzeit	2.10	16:51	8:01	16	6:51	85	7:37	6.30	49:43	7:53	16	19:56	85	22:28
Rundenzeit	2.10	17:12	8:11	16	7:01	84	7:43	8.40	1:06:55	7:57	16	26:57	85	30:06
Finish	2.10	19:56	9:29	15	9:38	84	11:06	10.50	1:26:51	8:16	15	36:35	84	41:11