



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

Detailed evaluation

Köhler, Ines

Club: Berlin  
Number: 202

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 1:26:51

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

Rank in course/Total: 378 (of 389)

Rank in course/Women: 84 (of 88)

Best time in course: 45:40

Rank in category: 28(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	16:11	7:42	27	7:22	84	7:22	2.10	16:11	7:42	27	7:22	84	7:22
Rundenzeit	2.10	16:29	7:50	27	7:24	85	14:51	4.20	32:40	7:46	27	14:46	84	14:46
Rundenzeit	2.10	16:46	7:59	27	7:32	84	7:32	6.30	49:26	7:50	27	22:11	84	22:11
Rundenzeit	2.10	17:27	8:18	27	7:58	85	7:58	8.40	1:06:53	7:57	27	30:04	84	30:04
Finish	2.10	19:58	9:30	28	11:08	85	11:08	10.50	1:26:51	8:16	28	41:11	84	41:11