



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

Detailed evaluation

Hell, Sibylle

Club: DAV Röthenbach  
Number: 157

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: 379 (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	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Rundenzeit	2.10	13:11	6:16	7	54	3:15	4:22	2.10	13:11	6:16	7	54	3:15	4:22
Rundenzeit	2.10	13:23	6:22	10	64	3:32	11:45	4.20	26:34	6:19	8	58	6:47	8:40
Rundenzeit	2.10	14:08	6:43	11	66	4:08	4:54	6.30	40:42	6:27	9	61	10:55	13:27
Rundenzeit	2.10	14:57	7:07	12	67	4:46	5:28	8.40	55:39	6:37	9	63	15:41	18:50
Finish	2.10	31:12	14:51	16	87	20:54	22:22	10.50	1:26:51	8:16	15	84	36:35	41:11