



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

Detailed evaluation

Müller, Renate

Club: TSV Niederelsungen  
Number: 275

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

Category:  
Frauen 60 bis 69 Jahre

Total time: 1:39:20

Speed: 6.04 km/h  
Running performance: 9:28 min/km

Rank in course/Total: 380 (of 389)

Rank in course/Women: 87 (of 88)

Best time in course: 45:40

Rank in category: 3(of 3)

Best time in the category: 1:00:06

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	17:39	8:24	3	6:26	87	8:50	2.10	17:39	8:24	3	6:26	87	8:50
Rundenzeit	2.10	18:40	8:53	3	6:50	88	17:02	4.20	36:19	8:38	3	13:16	87	18:25
Rundenzeit	2.10	19:46	9:24	3	7:21	87	10:32	6.30	56:05	8:54	3	20:37	87	28:50
Rundenzeit	2.10	20:18	9:39	3	7:45	87	10:49	8.40	1:16:23	9:05	3	28:22	87	39:34
Finish	2.10	22:57	10:55	3	10:52	86	14:07	10.50	1:39:20	9:27	3	39:14	87	53:40