



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

Detailed evaluation

Fischer-Mahr, Kerstin

Club: TSV Sonnefeld
Number: 105

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

Category:
Frauen 40 bis 49 Jahre

Total time: 49:09

Speed: 12.21 km/h
Running performance: 4:41 min/km

Rank in course/Total: 67 (of 389)

Rank in course/Women: 6 (of 88)

Best time in course: 45:40

Rank in category: 2(of 22)

Best time in the category: 48:25

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	9:35	4:33	2	0:37	6	0:46	2.10	9:35	4:33	2	0:37	6	0:46
Rundenzeit	2.10	9:40	4:36	2	0:04	8	8:02	4.20	19:15	4:34	2	0:41	6	1:21
Rundenzeit	2.10	9:55	4:43	2	0:06	7	0:41	6.30	29:10	4:37	2	0:47	6	1:55
Rundenzeit	2.10	10:07	4:49	2	0:10	7	0:38	8.40	39:17	4:40	2	0:45	6	2:28
Finish	2.10	9:52	4:41	1	-	6	1:02	10.50	49:09	4:40	2	0:44	6	3:29