



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

Detailed evaluation

Kruppen-Müller, Sabine

Club: LAV 07 Bad Harzburg e.V
Number: 214

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

Category:
Frauen 40 bis 49 Jahre

Total time: 49:37

Speed: 12.70 km/h
Running performance: 4:44 min/km

Rank in course/Total: 71 (of 389)

Rank in course/Women: 7 (of 88)

Best time in course: 45:40

Rank in category: 3(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	9:54	4:42	3	0:56	8	1:05	2.10	9:54	4:42	3	0:56	8	1:05
Rundenzeit	2.10	9:52	4:41	3	0:16	11	8:14	4.20	19:46	4:42	3	1:12	7	1:52
Rundenzeit	2.10	9:58	4:44	3	0:09	8	0:44	6.30	29:44	4:43	3	1:21	7	2:29
Rundenzeit	2.10	9:57	4:44	1	-	5	0:28	8.40	39:41	4:43	3	1:09	7	2:52
Finish	2.10	9:56	4:43	3	0:04	8	1:06	10.50	49:37	4:43	3	1:12	7	3:57