



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

Detailed evaluation

Bittner, Andrea

Club: LAV 07 Bad Harzburg e.V
Number: 39

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

Category:
Frauen 50 bis 59 Jahre

Total time: 50:16

Speed: 11.94 km/h
Running performance: 4:47 min/km

Rank in course/Total: 80 (of 389)

Rank in course/Women: 9 (of 88)

Best time in course: 45:40

Rank in category: 1(of 16)

Best time in the category: 50:16

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	9:56	4:43	1	-	9	1:07	2.10	9:56	4:43	1	-	9	1:07
Rundenzeit	2.10	9:51	4:41	1	-	10	8:13	4.20	19:47	4:42	1	-	8	1:53
Rundenzeit	2.10	10:00	4:45	1	-	9	0:46	6.30	29:47	4:43	1	-	8	2:32
Rundenzeit	2.10	10:11	4:50	1	-	9	0:42	8.40	39:58	4:45	1	-	8	3:09
Finish	2.10	10:18	4:54	1	-	10	1:28	10.50	50:16	4:47	1	-	9	4:36