



18. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Bittner, Andrea

Club: LAV 07 Bad Harzburg e.V.
Number: 36

Course: 9.40 km
10 km (680 m unter der Erdoberfläche)

Category:
Frauen 50 bis 59 Jahre

Total time: 47:04

Speed: 11.47 km/h
Running performance: 5:01 min/km

Rank in course/Total: 112 (of 373)

Rank in course/Women: 7 (of 87)

Best time in course: 42:15

Rank in category: 2(of 18)

Best time in the category: 45:34

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	2.20	10:37	4:49	3	0:40	11	2:09	2.20	10:37	4:49	3	0:40	11	2:09
Rundenzeit	1.80	8:58	4:58	2	0:21	12	1:39	4.00	19:35	4:53	2	1:01	11	3:48
Rundenzeit	1.80	9:03	5:01	2	0:11	9	1:12	5.80	28:38	4:56	2	1:12	10	5:00
Rundenzeit	1.80	9:14	5:07	2	0:07	8	1:10	7.60	37:52	4:58	2	1:19	8	6:10
Finish	1.80	9:12	5:06	3	0:11	9	0:58	9.40	47:04	5:00	2	1:30	10	18:16