



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

Detailed evaluation

Kruppen-Müller, Sabine

Club: LAV 07 Bad Harzburg e.V.
Number: 189

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

Category:
Frauen 40 bis 49 Jahre

Total time: 47:04

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

Rank in course/Total: 113 (of 373)

Rank in course/Women: 7 (of 87)

Best time in course: 42:15

Rank in category: 5(of 34)

Best time in the category: 42:15

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	10:40	4:50	5	1:30	12	2:12	2.20	10:40	4:50	5	1:30	12	2:12
Rundenzeit	1.80	9:00	5:00	6	1:03	13	1:41	4.00	19:40	4:55	5	2:33	13	3:53
Rundenzeit	1.80	9:01	5:00	5	0:52	8	1:10	5.80	28:41	4:56	5	3:25	11	5:03
Rundenzeit	1.80	9:11	5:06	3	0:48	6	1:07	7.60	37:52	4:58	5	4:13	8	6:10
Finish	1.80	9:12	5:06	4	0:36	9	0:58	9.40	47:04	5:00	5	4:49	10	18:16