



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

Detailed evaluation

Lulei, Bettina

Club: Running Bros Coburg  
Number: 221

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 47:58

Speed: 11.26 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 124 (of 373)

Rank in course/Women: 10 (of 87)

Best time in course: 42:15

Rank in category: 2(of 19)

Best time in the category: 42:18

| Control    | Intermediate times |            |              | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|------------|--------------------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
|            | Split km           | Split Time | Split min/km | 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               | 10:48      | 4:54         | 5           | 2:20        | 14        | 2:20         | 2.20          | 10:48      | 4:54         | 5        | 2:20        | 14        | 2:20         |
| Rundenzeit | 1.80               | 8:37       | 4:47         | 3           | 1:18        | 5         | 1:18         | 4.00          | 19:25      | 4:51         | 3        | 3:38        | 9         | 3:38         |
| Rundenzeit | 1.80               | 9:11       | 5:06         | 3           | 1:20        | 11        | 1:20         | 5.80          | 28:36      | 4:55         | 3        | 4:58        | 9         | 4:58         |
| Rundenzeit | 1.80               | 9:32       | 5:17         | 4           | 1:28        | 13        | 1:28         | 7.60          | 38:08      | 5:01         | 3        | 6:26        | 10        | 6:26         |
| Finish     | 1.80               | 9:50       | 5:27         | 5           | 1:36        | 22        | 1:36         | 9.40          | 47:58      | 5:06         | 3        | 19:10       | 14        | 19:10        |