



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

Detailed evaluation

Fischer, Corinna

Club: Wedel  
Number: 76

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

Category:  
Frauen 40 bis 49 Jahre

Total time: 48:48

Speed: 11.07 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 139 (of 373)

Rank in course/Women: 13 (of 87)

Best time in course: 42:15

Rank in category: 7(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	11:08	5:03	8	1:58	19	2:40	2.20	11:08	5:03	8	1:58	19	2:40
Rundenzeit	1.80	9:15	5:08	7	1:18	15	1:56	4.00	20:23	5:05	7	3:16	16	4:36
Rundenzeit	1.80	9:31	5:17	8	1:22	15	1:40	5.80	29:54	5:09	7	4:38	15	6:16
Rundenzeit	1.80	9:30	5:16	6	1:07	10	1:26	7.60	39:24	5:11	7	5:45	13	7:42
Finish	1.80	9:24	5:13	6	0:48	13	1:10	9.40	48:48	5:11	8	6:33	17	20:00