



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

Detailed evaluation

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Club: Holzhau
Number: 201

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

Category:
Frauen 20 bis 29 Jahre

Total time: 49:03

Speed: 11.50 km/h
Running performance: 5:13 min/km

Rank in course/Total: 144 (of 373)

Rank in course/Women: 14 (of 87)

Best time in course: 42:15

Rank in category: 1(of 11)

Best time in the category: 49:03

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	11:32	5:14	2	1:30	27	3:04	2.20	11:32	5:14	2	1:30	27	3:04
Rundenzeit	1.80	9:17	5:09	2	0:40	16	1:58	4.00	20:49	5:12	2	2:10	21	5:02
Rundenzeit	1.80	9:27	5:14	1	-	13	1:36	5.80	30:16	5:13	2	2:04	18	6:38
Rundenzeit	1.80	9:38	5:21	1	-	17	1:34	7.60	39:54	5:15	1	-	17	8:12
Finish	1.80	9:09	5:04	1	-	7	0:55	9.40	49:03	5:13	3	10:49	18	20:15