



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

Detailed evaluation

Badal, Vanessa

Club: 10K Club Zaragoza
Number: 9

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

Category:
Frauen 30 bis 39 Jahre

Total time: 49:31

Speed: 10.91 km/h
Running performance: 5:16 min/km

Rank in course/Total: 155 (of 373)

Rank in course/Women: 17 (of 87)

Best time in course: 42:15

Rank in category: 5(of 19)

Best time in the category: 42:18

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	10:05	4:34	3	1:37	9	1:37	2.20	10:05	4:34	3	1:37	9	1:37
Rundenzeit	1.80	9:31	5:17	7	2:12	21	2:12	4.00	19:36	4:54	5	3:49	12	3:49
Rundenzeit	1.80	9:59	5:32	7	2:08	24	2:08	5.80	29:35	5:06	4	5:57	14	5:57
Rundenzeit	1.80	10:01	5:33	6	1:57	20	1:57	7.60	39:36	5:12	4	7:54	15	7:54
Finish	1.80	9:55	5:30	6	1:41	24	1:41	9.40	49:31	5:16	6	20:43	21	20:43