



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

Detailed evaluation

Haccius, Johanna

Club: Mailand
Number: 111

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

Category:
Frauen 30 bis 39 Jahre

Total time: 50:38

Speed: 10.66 km/h
Running performance: 5:23 min/km

Rank in course/Total: 165 (of 373)

Rank in course/Women: 18 (of 87)

Best time in course: 42:15

Rank in category: 6(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	12:21	5:36	12	3:53	45	3:53	2.20	12:21	5:36	12	3:53	45	3:53
Rundenzeit	1.80	9:27	5:14	6	2:08	19	2:08	4.00	21:48	5:27	9	6:01	29	6:01
Rundenzeit	1.80	9:39	5:21	5	1:48	18	1:48	5.80	31:27	5:25	8	7:49	26	7:49
Rundenzeit	1.80	9:30	5:16	3	1:26	10	1:26	7.60	40:57	5:23	6	9:15	18	9:15
Finish	1.80	9:41	5:22	4	1:27	19	1:27	9.40	50:38	5:23	7	21:50	22	21:50