



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

Detailed evaluation

Jeck, Birgitt

Club: LaufLine Göttingen
Number: 151

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

Category:
Frauen 40 bis 49 Jahre

Total time: 50:41

Speed: 10.65 km/h
Running performance: 5:23 min/km

Rank in course/Total: 167 (of 373)

Rank in course/Women: 19 (of 87)

Best time in course: 42:15

Rank in category: 9(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	11:04	5:01	6	1:54	17	2:36	2.20	11:04	5:01	6	1:54	17	2:36
Rundenzeit	1.80	9:29	5:16	9	1:32	20	2:10	4.00	20:33	5:08	9	3:26	18	4:46
Rundenzeit	1.80	10:04	5:35	12	1:55	26	2:13	5.80	30:37	5:16	9	5:21	19	6:59
Rundenzeit	1.80	10:35	5:52	12	2:12	31	2:31	7.60	41:12	5:25	9	7:33	19	9:30
Finish	1.80	9:29	5:16	8	0:53	17	1:15	9.40	50:41	5:23	10	8:26	23	21:53