



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

Detailed evaluation

Windberg, Tina

Club: Bad Kissingen
Number: 415

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

Category:
Frauen 40 bis 49 Jahre

Total time: 51:32

Speed: 10.48 km/h
Running performance: 5:29 min/km

Rank in course/Total: 179 (of 373)

Rank in course/Women: 20 (of 87)

Best time in course: 42:15

Rank in category: 10(of 34)

Best time in the category: 42:15

Control	Intermediate times							Stage score				Total ranking			
	Split km	Split Time	Split min/km	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	11:51	5:23	14	2:41	35	3:23	2.20	11:51	5:23	14	2:41	35	3:23	
Rundenzeit	1.80	9:32	5:17	10	1:35	23	2:13	4.00	21:23	5:20	11	4:16	26	5:36	
Rundenzeit	1.80	9:59	5:32	11	1:50	24	2:08	5.80	31:22	5:24	10	6:06	24	7:44	
Rundenzeit	1.80	10:18	5:43	11	1:55	25	2:14	7.60	41:40	5:28	10	8:01	24	9:58	
Finish	1.80	9:52	5:28	11	1:16	23	1:38	9.40	51:32	5:28	11	9:17	24	22:44	