



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

Detailed evaluation

Pikarski, Jessica

Club: RunningBros Coburg
Number: 280

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

Category:
Frauen 30 bis 39 Jahre

Total time: 51:46

Speed: 10.43 km/h
Running performance: 5:31 min/km

Rank in course/Total: 186 (of 373)

Rank in course/Women: 24 (of 87)

Best time in course: 42:15

Rank in category: 8(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	11:10	5:04	6	2:42	20	2:42	2.20	11:10	5:04	6	2:42	20	2:42
Rundenzeit	1.80	9:31	5:17	7	2:12	21	2:12	4.00	20:41	5:10	7	4:54	20	4:54
Rundenzeit	1.80	10:11	5:39	8	2:20	29	2:20	5.80	30:52	5:19	6	7:14	20	7:14
Rundenzeit	1.80	10:32	5:51	8	2:28	29	2:28	7.60	41:24	5:26	8	9:42	21	9:42
Finish	1.80	10:22	5:45	7	2:08	29	2:08	9.40	51:46	5:30	9	22:58	28	22:58