



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Heinze, Iris

Club: Dessau-Rosslau
Number: 126

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

Category:
Frauen 50 bis 59 Jahre

Total time: 51:55

Speed: 10.40 km/h
Running performance: 5:31 min/km

Rank in course/Total: 190 (of 373)

Rank in course/Women: 25 (of 87)

Best time in course: 42:15

Rank in category: 6(of 18)

Best time in the category: 45:34

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	11:03	5:01	5	1:06	16	2:35	2.20	11:03	5:01	5	1:06	16	2:35
Rundenzeit	1.80	9:50	5:27	4	1:13	26	2:31	4.00	20:53	5:13	4	2:19	22	5:06
Rundenzeit	1.80	10:20	5:44	8	1:28	31	2:29	5.80	31:13	5:22	4	3:47	22	7:35
Rundenzeit	1.80	10:19	5:43	7	1:12	26	2:15	7.60	41:32	5:27	4	4:59	22	9:50
Finish	1.80	10:23	5:46	8	1:22	30	2:09	9.40	51:55	5:31	6	6:21	29	23:07