



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Richter, Marita

Club: Germania 08 Roßlau
Number: 295

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

Category:
Frauen 50 bis 59 Jahre

Total time: 52:01

Speed: 10.38 km/h
Running performance: 5:32 min/km

Rank in course/Total: 193 (of 373)

Rank in course/Women: 26 (of 87)

Best time in course: 42:15

Rank in category: 7(of 18)

Best time in the category: 45:34

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	10:57	4:58	4	1:00	15	2:29	2.20	10:57	4:58	4	1:00	15	2:29
Rundenzeit	1.80	10:06	5:36	8	1:29	35	2:47	4.00	21:03	5:15	5	2:29	23	5:16
Rundenzeit	1.80	10:11	5:39	7	1:19	29	2:20	5.80	31:14	5:23	5	3:48	23	7:36
Rundenzeit	1.80	10:24	5:46	9	1:17	28	2:20	7.60	41:38	5:28	5	5:05	23	9:56
Finish	1.80	10:23	5:46	8	1:22	30	2:09	9.40	52:01	5:32	7	6:27	30	23:13