



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

Detailed evaluation

Helming, Jana

Club: Mücheln
Number: 128

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

Category:
Frauen 50 bis 59 Jahre

Total time: 52:33

Speed: 10.28 km/h
Running performance: 5:35 min/km

Rank in course/Total: 202 (of 373)

Rank in course/Women: 27 (of 87)

Best time in course: 42:15

Rank in category: 8(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	12:39	5:45	10	2:42	50	4:11	2.20	12:39	5:45	10	2:42	50	4:11
Rundenzeit	1.80	9:56	5:31	5	1:19	29	2:37	4.00	22:35	5:38	7	4:01	39	6:48
Rundenzeit	1.80	10:06	5:36	6	1:14	28	2:15	5.80	32:41	5:38	8	5:15	32	9:03
Rundenzeit	1.80	10:03	5:35	6	0:56	21	1:59	7.60	42:44	5:37	8	6:11	28	11:02
Finish	1.80	9:49	5:27	6	0:48	21	1:35	9.40	52:33	5:35	8	6:59	31	23:45