



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

Detailed evaluation

Groch, Juliane

Club: sc implus erfurt
Number: 434

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

Category:
Frauen 20 bis 29 Jahre

Total time: 52:58

Speed: 10.20 km/h
Running performance: 5:38 min/km

Rank in course/Total: 206 (of 373)

Rank in course/Women: 28 (of 87)

Best time in course: 42:15

Rank in category: 2(of 11)

Best time in the category: 49:03

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	11:46	5:20	5	1:44	32	3:18	2.20	11:46	5:20	5	1:44	32	3:18
Rundenzeit	1.80	10:09	5:38	4	1:32	36	2:50	4.00	21:55	5:28	4	3:16	30	6:08
Rundenzeit	1.80	10:24	5:46	3	0:57	32	2:33	5.80	32:19	5:34	4	4:07	29	8:41
Rundenzeit	1.80	10:33	5:51	2	0:55	30	2:29	7.60	42:52	5:38	3	2:58	31	11:10
Finish	1.80	10:06	5:36	3	0:57	26	1:52	9.40	52:58	5:38	4	14:44	32	24:10