



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

Detailed evaluation

Lotz, Nicole

Club: Die Unglaublichen
Number: 218

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

Category:
Frauen 50 bis 59 Jahre

Total time: 53:44

Speed: 10.50 km/h
Running performance: 5:43 min/km

Rank in course/Total: 211 (of 373)

Rank in course/Women: 31 (of 87)

Best time in course: 42:15

Rank in category: 9(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	12:27	5:39	9	2:30	47	3:59	2.20	12:27	5:39	9	2:30	47	3:59
Rundenzeit	1.80	10:20	5:44	9	1:43	40	3:01	4.00	22:47	5:41	9	4:13	44	7:00
Rundenzeit	1.80	10:27	5:48	9	1:35	36	2:36	5.80	33:14	5:43	10	5:48	38	9:36
Rundenzeit	1.80	10:19	5:43	7	1:12	26	2:15	7.60	43:33	5:43	9	7:00	34	11:51
Finish	1.80	10:11	5:39	7	1:10	27	1:57	9.40	53:44	5:42	9	8:10	35	24:56