



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

Detailed evaluation

Kohl, Manuela

Club: SV Braunsbedra
Number: 175

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

Category:
Frauen 40 bis 49 Jahre

Total time: 55:31

Speed: 9.73 km/h
Running performance: 5:55 min/km

Rank in course/Total: 244 (of 373)

Rank in course/Women: 38 (of 87)

Best time in course: 42:15

Rank in category: 15(of 34)

Best time in the category: 42:15

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	12:20	5:36	15	3:10	42	3:52	2.20	12:20	5:36	15	3:10	42	3:52
Rundenzeit	1.80	10:25	5:47	17	2:28	42	3:06	4.00	22:45	5:41	16	5:38	42	6:58
Rundenzeit	1.80	10:42	5:56	16	2:33	37	2:51	5.80	33:27	5:46	17	8:11	41	9:49
Rundenzeit	1.80	10:48	6:00	15	2:25	36	2:44	7.60	44:15	5:49	16	10:36	38	12:33
Finish	1.80	11:16	6:15	19	2:40	49	3:02	9.40	55:31	5:54	16	13:16	42	26:43