



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

Detailed evaluation

Zetzmann, Lena

Club: HSG Werratal 05
Number: 428

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

Category:
Frauen 20 bis 29 Jahre

Total time: 55:33

Speed: 9.72 km/h
Running performance: 5:55 min/km

Rank in course/Total: 245 (of 373)

Rank in course/Women: 39 (of 87)

Best time in course: 42:15

Rank in category: 4(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	11:48	5:21	6	1:46	33	3:20	2.20	11:48	5:21	6	1:46	33	3:20
Rundenzeit	1.80	10:37	5:53	8	2:00	50	3:18	4.00	22:25	5:36	8	3:46	37	6:38
Rundenzeit	1.80	11:13	6:13	7	1:46	50	3:22	5.80	33:38	5:47	7	5:26	43	10:00
Rundenzeit	1.80	10:58	6:05	4	1:20	40	2:54	7.60	44:36	5:52	4	4:42	40	12:54
Finish	1.80	10:57	6:04	5	1:48	42	2:43	9.40	55:33	5:54	6	17:19	43	26:45