



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

Detailed evaluation

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Club: Botenläufer Wittenberg
Number: 160

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

Category:
Frauen 40 bis 49 Jahre

Total time: 55:58

Speed: 10.08 km/h
Running performance: 5:57 min/km

Rank in course/Total: 252 (of 373)

Rank in course/Women: 40 (of 87)

Best time in course: 42:15

Rank in category: 16(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	12:47	5:48	19	3:37	51	4:19	2.20	12:47	5:48	19	3:37	51	4:19
Rundenzeit	1.80	10:17	5:42	16	2:20	39	2:58	4.00	23:04	5:46	20	5:57	54	7:17
Rundenzeit	1.80	11:19	6:17	22	3:10	53	3:28	5.80	34:23	5:55	20	9:07	52	10:45
Rundenzeit	1.80	10:46	5:58	13	2:23	34	2:42	7.60	45:09	5:56	19	11:30	45	13:27
Finish	1.80	10:49	6:00	14	2:13	37	2:35	9.40	55:58	5:57	17	13:43	44	27:10