



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

Detailed evaluation

Müller, Martina

Club: TSV Niederelsungen
Number: 247

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

Category:
Frauen 20 bis 29 Jahre

Total time: 56:15

Speed: 9.60 km/h
Running performance: 5:59 min/km

Rank in course/Total: 253 (of 373)

Rank in course/Women: 41 (of 87)

Best time in course: 42:15

Rank in category: 5(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	11:58	5:26	8	1:56	37	3:30	2.20	11:58	5:26	8	1:56	37	3:30
Rundenzeit	1.80	10:14	5:41	5	1:37	38	2:55	4.00	22:12	5:32	5	3:33	31	6:25
Rundenzeit	1.80	11:09	6:11	5	1:42	48	3:18	5.80	33:21	5:45	5	5:09	39	9:43
Rundenzeit	1.80	11:43	6:30	6	2:05	58	3:39	7.60	45:04	5:55	5	5:10	44	13:22
Finish	1.80	11:11	6:12	7	2:02	46	2:57	9.40	56:15	5:59	7	18:01	45	27:27