



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

Detailed evaluation

Wunsch, Kristina

Club: LAC Rudolstadt
Number: 425

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

Category:
Frauen 40 bis 49 Jahre

Total time: 56:52

Speed: 9.50 km/h
Running performance: 6:03 min/km

Rank in course/Total: 261 (of 373)

Rank in course/Women: 45 (of 87)

Best time in course: 42:15

Rank in category: 19(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	10:37	5:53	20	2:40	50	3:18	4.00	22:57	5:44	18	5:50	50	7:10
Rundenzeit	1.80	11:20	6:17	23	3:11	54	3:29	5.80	34:17	5:54	19	9:01	49	10:39
Rundenzeit	1.80	11:22	6:18	23	2:59	52	3:18	7.60	45:39	6:00	20	12:00	49	13:57
Finish	1.80	11:13	6:13	18	2:37	47	2:59	9.40	56:52	6:02	20	14:37	49	28:04