



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

Detailed evaluation

Vogel, Julia

Club: VfL Wampenhäusen
Number: 387

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

Category:
Frauen 20 bis 29 Jahre

Total time: 57:20

Speed: 9.84 km/h
Running performance: 6:06 min/km

Rank in course/Total: 270 (of 373)

Rank in course/Women: 49 (of 87)

Best time in course: 42:15

Rank in category: 6(of 11)

Best time in the category: 49:03

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|---------------|--------------|----------|-------------|-----------|--------------|
| | Split km | Split Time | Split min/km | 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 | 13:00 | 5:54 | 9 | 2:58 | 57 | 4:32 | 2.20 | 13:00 | 5:54 | 9 | 2:58 | 57 | 4:32 |
| Rundenzeit | 1.80 | 10:31 | 5:50 | 7 | 1:54 | 46 | 3:12 | 4.00 | 23:31 | 5:52 | 9 | 4:52 | 56 | 7:44 |
| Rundenzeit | 1.80 | 11:28 | 6:22 | 8 | 2:01 | 58 | 3:37 | 5.80 | 34:59 | 6:01 | 9 | 6:47 | 56 | 11:21 |
| Rundenzeit | 1.80 | 11:11 | 6:12 | 5 | 1:33 | 46 | 3:07 | 7.60 | 46:10 | 6:04 | 7 | 6:16 | 53 | 14:28 |
| Finish | 1.80 | 11:10 | 6:12 | 6 | 2:01 | 45 | 2:56 | 9.40 | 57:20 | 6:05 | 8 | 19:06 | 53 | 28:32 |