



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: 9.42 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		