



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

Detailed evaluation

Arvelo Valderrama, Denisha Barbara Total time: 57:36

Club: Sondershausen  
Number: 8

Speed: 9.38 km/h  
Running performance: 6:08 min/km

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

Rank in course/Total: 275 (of 373)  
Rank in course/Women: 50 (of 87)  
Best time in course: 42:15

Category:  
Frauen 20 bis 29 Jahre

Rank in category: 7(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	11:33	5:15	3	1:31	28	3:05	2.20	11:33	5:15	3	1:31	28	3:05	
Rundenzeit	1.80	10:43	5:57	9	2:06	54	3:24	4.00	22:16	5:33	6	3:37	33	6:29	
Rundenzeit	1.80	11:49	6:33	10	2:22	64	3:58	5.80	34:05	5:52	8	5:53	48	10:27	
Rundenzeit	1.80	12:12	6:46	9	2:34	64	4:08	7.60	46:17	6:05	8	6:23	55	14:35	
Finish	1.80	11:19	6:17	8	2:10	50	3:05	9.40	57:36	6:07	9	19:22	54	28:48	