



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

Detailed evaluation

Wojciechowski, Cornelia

Club: SV Kyffhäuser  
Number: 419

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

Category:  
Frauen 50 bis 59 Jahre

Total time: 57:54

Speed: 9.33 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 276 (of 373)

Rank in course/Women: 51 (of 87)

Best time in course: 42:15

Rank in category: 13(of 18)

Best time in the category: 45:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.20	13:03	5:55	13	3:06	59	4:35	2.20	13:03	5:55	13	3:06	59	4:35
Rundenzeit	1.80	11:01	6:07	13	2:24	63	3:42	4.00	24:04	6:00	13	5:30	61	8:17
Rundenzeit	1.80	11:20	6:17	13	2:28	54	3:29	5.80	35:24	6:06	13	7:58	60	11:46
Rundenzeit	1.80	11:22	6:18	13	2:15	52	3:18	7.60	46:46	6:09	13	10:13	56	15:04
Finish	1.80	11:08	6:11	13	2:07	43	2:54	9.40	57:54	6:09	13	12:20	55	29:06