



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

Detailed evaluation

Holzheu, Maria Grazia

Club: Schönau
Number: 140

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

Category:
Frauen 30 bis 39 Jahre

Total time: 57:59

Speed: 9.31 km/h
Running performance: 6:10 min/km

Rank in course/Total: 278 (of 373)

Rank in course/Women: 52 (of 87)

Best time in course: 42:15

Rank in category: 13(of 19)

Best time in the category: 42:18

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	13:00	5:54	14	4:32	57	4:32	2.20	13:00	5:54	14	4:32	57	4:32
Rundenzeit	1.80	10:48	6:00	15	3:29	59	3:29	4.00	23:48	5:57	14	8:01	59	8:01
Rundenzeit	1.80	11:01	6:07	10	3:10	45	3:10	5.80	34:49	6:00	13	11:11	53	11:11
Rundenzeit	1.80	11:27	6:21	13	3:23	54	3:23	7.60	46:16	6:05	14	14:34	54	14:34
Finish	1.80	11:43	6:30	13	3:29	57	3:29	9.40	57:59	6:10	14	29:11	56	29:11