



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Halsch, Carola

Club: Rhönläufer
Number: 115

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

Category:
Frauen 40 bis 49 Jahre

Total time: 58:20

Speed: 9.67 km/h
Running performance: 6:13 min/km

Rank in course/Total: 282 (of 373)

Rank in course/Women: 54 (of 87)

Best time in course: 42:15

Rank in category: 21(of 34)

Best time in the category: 42:15

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	13:35	6:10	29	4:25	70	5:07	2.20	13:35	6:10	29	4:25	70	5:07
Rundenzeit	1.80	10:46	5:58	23	2:49	58	3:27	4.00	24:21	6:05	27	7:14	65	8:34
Rundenzeit	1.80	11:14	6:14	20	3:05	51	3:23	5.80	35:35	6:08	24	10:19	61	11:57
Rundenzeit	1.80	11:19	6:17	22	2:56	49	3:15	7.60	46:54	6:10	22	13:15	57	15:12
Finish	1.80	11:26	6:21	21	2:50	52	3:12	9.40	58:20	6:12	22	16:05	58	29:32