



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

Detailed evaluation

Krietenstein, Bianka

Club: FiFi GÖ & Friends
Number: 185

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

Category:
Frauen 40 bis 49 Jahre

Total time: 58:22

Speed: 9.66 km/h
Running performance: 6:13 min/km

Rank in course/Total: 285 (of 373)

Rank in course/Women: 55 (of 87)

Best time in course: 42:15

Rank in category: 22(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	12:57	5:53	22	3:47	56	4:29	2.20	12:57	5:53	22	3:47	56	4:29
Rundenzeit	1.80	11:01	6:07	27	3:04	63	3:42	4.00	23:58	5:59	24	6:51	60	8:11
Rundenzeit	1.80	11:48	6:33	26	3:39	63	3:57	5.80	35:46	6:10	26	10:30	63	12:08
Rundenzeit	1.80	11:40	6:28	25	3:17	57	3:36	7.60	47:26	6:14	26	13:47	62	15:44
Finish	1.80	10:56	6:04	17	2:20	41	2:42	9.40	58:22	6:12	23	16:07	59	29:34