



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

Detailed evaluation

Zimmermann, Claudia

Club: Obergebra
Number: 430

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

Category:
Frauen 30 bis 39 Jahre

Total time: 58:41

Speed: 9.20 km/h
Running performance: 6:14 min/km

Rank in course/Total: 288 (of 373)

Rank in course/Women: 57 (of 87)

Best time in course: 42:15

Rank in category: 14(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	12:19	5:35	10	3:51	40	3:51	2.20	12:19	5:35	10	3:51	40	3:51
Rundenzeit	1.80	10:12	5:39	10	2:53	37	2:53	4.00	22:31	5:37	10	6:44	38	6:44
Rundenzeit	1.80	11:46	6:32	14	3:55	62	3:55	5.80	34:17	5:54	11	10:39	49	10:39
Rundenzeit	1.80	11:36	6:26	14	3:32	55	3:32	7.60	45:53	6:02	12	14:11	50	14:11
Finish	1.80	12:48	7:06	15	4:34	67	4:34	9.40	58:41	6:14	15	29:53	61	29:53