



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

Detailed evaluation

Görlitz, Jana

Club: Erfurt
Number: 94

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:01:07

Speed: 9.23 km/h
Running performance: 6:30 min/km

Rank in course/Total: 310 (of 373)

Rank in course/Women: 61 (of 87)

Best time in course: 42:15

Rank in category: 15(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	13:49	6:16	17	5:21	75	5:21	2.20	13:49	6:16	17	5:21	75	5:21
Rundenzeit	1.80	11:31	6:23	17	4:12	70	4:12	4.00	25:20	6:19	17	9:33	74	9:33
Rundenzeit	1.80	11:58	6:38	15	4:07	67	4:07	5.80	37:18	6:25	15	13:40	71	13:40
Rundenzeit	1.80	12:22	6:52	15	4:18	67	4:18	7.60	49:40	6:32	15	17:58	70	17:58
Finish	1.80	11:27	6:21	11	3:13	53	3:13	9.40	1:01:07	6:30	16	32:19	65	32:19