



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

Detailed evaluation

Ulbricht, Anke

Club: Berlin
Number: 381

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

Category:
Frauen 50 bis 59 Jahre

Total time: 1:01:56

Speed: 8.72 km/h
Running performance: 6:35 min/km

Rank in course/Total: 313 (of 373)

Rank in course/Women: 63 (of 87)

Best time in course: 42:15

Rank in category: 15(of 18)

Best time in the category: 45:34

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	13:46	6:15	16	3:49	73	5:18	2.20	13:46	6:15	16	3:49	73	5:18
Rundenzeit	1.80	11:32	6:24	15	2:55	71	4:13	4.00	25:18	6:19	16	6:44	73	9:31
Rundenzeit	1.80	12:00	6:39	15	3:08	68	4:09	5.80	37:18	6:25	16	9:52	71	13:40
Rundenzeit	1.80	12:05	6:42	14	2:58	61	4:01	7.60	49:23	6:29	15	12:50	69	17:41
Finish	1.80	12:33	6:58	15	3:32	65	4:19	9.40	1:01:56	6:35	15	16:22	67	33:08