



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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|            |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |