



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

Detailed evaluation

Bierkämper, Jil Louise

Club: Berlin
Number: 31

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

Category:
Juniorinnen 16 bis 19 Jahre

Total time: 1:01:57

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

Rank in course/Total: 314 (of 373)

Rank in course/Women: 64 (of 87)

Best time in course: 42:15

Rank in category: 2(of 4)

Best time in the category: 59:27

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	14:00	6:21	4	2:49	78	5:32	2.20	14:00	6:21	4	2:49	78	5:32
Rundenzeit	1.80	11:37	6:27	2	0:04	75	4:18	4.00	25:37	6:24	3	2:53	76	9:50
Rundenzeit	1.80	12:01	6:40	1	-	69	4:10	5.80	37:38	6:29	2	2:45	74	14:00
Rundenzeit	1.80	12:15	6:48	1	-	66	4:11	7.60	49:53	6:33	2	2:30	71	18:11
Finish	1.80	12:04	6:42	2	0:01	62	3:50	9.40	1:01:57	6:35	2	2:30	68	33:09