



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

Detailed evaluation

Dornieden, Alexandra

Club: MTB RACE TEAM

Number: 62

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Frauen 40 bis 49 Jahre

Total time: 1:02:27

Speed: 8.65 km/h

Running performance: 6:38 min/km

Rank in course/Total: 317 (of 373)

Rank in course/Women: 65 (of 87)

Best time in course: 42:15

Rank in category: 26(of 34)

Best time in the category: 42:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.20	11:25	5:11	11	2:15	24	2:57	2.20	11:25	5:11	11	2:15	24	2:57
Rundenzeit	1.80	9:54	5:30	13	1:57	28	2:35	4.00	21:19	5:19	10	4:12	25	5:32
Rundenzeit	1.80	10:04	5:35	12	1:55	26	2:13	5.80	31:23	5:24	11	6:07	25	7:45
Rundenzeit	1.80	10:17	5:42	10	1:54	24	2:13	7.60	41:40	5:28	10	8:01	24	9:58
Finish	1.80	20:47	11:32	29	12:11	80	12:33	9.40	1:02:27	6:38	27	20:12	69	33:39