



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Müller-Heise, Stefanie

Club: Halle
Number: 250

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:03:43

Speed: 8.48 km/h
Running performance: 6:47 min/km

Rank in course/Total: 323 (of 373)

Rank in course/Women: 68 (of 87)

Best time in course: 42:15

Rank in category: 16(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	13:34	6:09	15	5:06	69	5:06	2.20	13:34	6:09	15	5:06	69	5:06
Rundenzeit	1.80	11:22	6:18	16	4:03	69	4:03	4.00	24:56	6:14	16	9:09	71	9:09
Rundenzeit	1.80	12:27	6:54	16	4:36	74	4:36	5.80	37:23	6:26	16	13:45	73	13:45
Rundenzeit	1.80	12:51	7:08	16	4:47	72	4:47	7.60	50:14	6:36	16	18:32	73	18:32
Finish	1.80	13:29	7:29	18	5:15	73	5:15	9.40	1:03:43	6:46	17	34:55	72	34:55