



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

Detailed evaluation

Kühnlenz, Rita

Club: Blau-Weiß Hettstedt  
Number: 198

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

Category:  
Frauen 40 bis 49 Jahre

Total time: 1:06:04

Speed: 8.54 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 334 (of 373)

Rank in course/Women: 70 (of 87)

Best time in course: 42:15

Rank in category: 28(of 34)

Best time in the category: 42:15

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	12:30	5:40	18	3:20	49	4:02	2.20	12:30	5:40	18	3:20	49	4:02
Rundenzeit	1.80	9:51	5:28	12	1:54	27	2:32	4.00	22:21	5:35	14	5:14	35	6:34
Rundenzeit	1.80	10:24	5:46	14	2:15	32	2:33	5.80	32:45	5:38	13	7:29	33	9:07
Rundenzeit	1.80	10:58	6:05	17	2:35	40	2:54	7.60	43:43	5:45	15	10:04	35	12:01
Finish	1.80	22:21	12:25	30	13:45	81	14:07	9.40	1:06:04	7:01	29	23:49	74	37:16