



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

Detailed evaluation

Räther, Carolin

Club: Optik Hoppe
Number: 288

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:07:17

Speed: 8.38 km/h
Running performance: 7:10 min/km

Rank in course/Total: 339 (of 373)

Rank in course/Women: 71 (of 87)

Best time in course: 42:15

Rank in category: 17(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	15:04	6:50	18	6:36	83	6:36	2.20	15:04	6:50	18	6:36	83	6:36
Rundenzeit	1.80	12:33	6:58	19	5:14	79	5:14	4.00	27:37	6:54	19	11:50	81	11:50
Rundenzeit	1.80	13:16	7:22	17	5:25	77	5:25	5.80	40:53	7:02	17	17:15	79	17:15
Rundenzeit	1.80	13:25	7:27	18	5:21	78	5:21	7.60	54:18	7:08	18	22:36	78	22:36
Finish	1.80	12:59	7:12	16	4:45	68	4:45	9.40	1:07:17	7:09	18	38:29	75	38:29