



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

Detailed evaluation

Seckel, Sandra

Club: Optik Hoppe
Number: 351

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:07:18

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

Rank in course/Total: 342 (of 373)

Rank in course/Women: 73 (of 87)

Best time in course: 42:15

Rank in category: 18(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	12:32	6:57	18	5:13	78	5:13	4.00	27:36	6:54	18	11:49	80	11:49
Rundenzeit	1.80	13:17	7:22	18	5:26	78	5:26	5.80	40:53	7:02	17	17:15	79	17:15
Rundenzeit	1.80	13:24	7:26	17	5:20	77	5:20	7.60	54:17	7:08	17	22:35	77	22:35
Finish	1.80	13:01	7:13	17	4:47	69	4:47	9.40	1:07:18	7:09	19	38:30	77	38:30