



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

Detailed evaluation

Zetzmann, Sarah

Club: HSG Werratal 05
Number: 429

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

Category:
Juniorinnen 16 bis 19 Jahre

Total time: 1:07:26

Speed: 8.01 km/h
Running performance: 7:10 min/km

Rank in course/Total: 344 (of 373)

Rank in course/Women: 74 (of 87)

Best time in course: 42:15

Rank in category: 4(of 4)

Best time in the category: 59:27

Control	Intermediate times								Stage score				Total ranking			
	Split km	Split Time	Split min/km	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	13:45	6:14	3	2:34	72	5:17	2.20	13:45	6:14	3	2:34	72	5:17		
Rundenzeit	1.80	12:39	7:01	4	1:06	80	5:20	4.00	26:24	6:35	4	3:40	78	10:37		
Rundenzeit	1.80	13:44	7:37	4	1:43	82	5:53	5.80	40:08	6:55	4	5:15	77	16:30		
Rundenzeit	1.80	14:12	7:53	4	1:57	81	6:08	7.60	54:20	7:08	4	6:57	79	22:38		
Finish	1.80	13:06	7:16	4	1:03	71	4:52	9.40	1:07:26	7:10	4	7:59	78	38:38		