



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

Detailed evaluation

Keller, Claudia

Club: Erfurt  
Number: 161

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

Category:  
Frauen 20 bis 29 Jahre

Total time: 1:08:52

Speed: 7.84 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 346 (of 373)

Rank in course/Women: 75 (of 87)

Best time in course: 42:15

Rank in category: 8(of 11)

Best time in the category: 49:03

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	11:54	5:24	7	1:52	36	3:26	2.20	11:54	5:24	7	1:52	36	3:26
Rundenzeit	1.80	10:22	5:45	6	1:45	41	3:03	4.00	22:16	5:33	6	3:37	33	6:29
Rundenzeit	1.80	11:09	6:11	5	1:42	48	3:18	5.80	33:25	5:45	6	5:13	40	9:47
Rundenzeit	1.80	12:06	6:43	8	2:28	62	4:02	7.60	45:31	5:59	6	5:37	47	13:49
Finish	1.80	23:21	12:58	10	14:12	82	15:07	9.40	1:08:52	7:19	10	30:38	79	40:04