



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

Detailed evaluation

Leissner, Dorothea

Club: VfK Berlin Südwest
Number: 203

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

Category:
Frauen 70 bis 79 Jahre

Total time: 1:10:21

Speed: 7.68 km/h
Running performance: 7:29 min/km

Rank in course/Total: 351 (of 373)

Rank in course/Women: 77 (of 87)

Best time in course: 42:15

Rank in category: 1(of 1)

Best time in the category: 1:10:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.20	15:26	7:00	1	-	85	6:58	2.20	15:26	7:00	1	-	85	6:58				
Rundenzeit	1.80	13:23	7:26	1	-	83	6:04	4.00	28:49	7:12	1	-	85	13:02				
Rundenzeit	1.80	13:40	7:35	1	-	80	5:49	5.80	42:29	7:19	1	-	83	18:51				
Rundenzeit	1.80	14:10	7:52	1	-	80	6:06	7.60	56:39	7:27	1	-	81	24:57				
Finish	1.80	13:42	7:36	1	-	74	5:28	9.40	1:10:21	7:29	1	-	81	41:33				