



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

Detailed evaluation

Kirchner-Höfer, Martina

Club: Liebenburg
Number: 165

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:13:22

Speed: 7.36 km/h
Running performance: 7:48 min/km

Rank in course/Total: 357 (of 373)

Rank in course/Women: 81 (of 87)

Best time in course: 42:15

Rank in category: 33(of 34)

Best time in the category: 42:15

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	13:18	6:02	25	4:08	62	4:50	2.20	13:18	6:02	25	4:08	62	4:50
Rundenzeit	1.80	10:49	6:00	24	2:52	60	3:30	4.00	24:07	6:01	25	7:00	62	8:20
Rundenzeit	1.80	12:01	6:40	29	3:52	69	4:10	5.80	36:08	6:13	28	10:52	65	12:30
Rundenzeit	1.80	12:13	6:47	28	3:50	65	4:09	7.60	48:21	6:21	29	14:42	65	16:39
Finish	1.80	25:01	13:53	32	16:25	85	16:47	9.40	1:13:22	7:48	34	31:07	85	44:34