



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

Detailed evaluation

Müller, Renate

Club: TSV Niederelsungen
Number: 248

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

Category:
Frauen 50 bis 59 Jahre

Total time: 1:17:58

Speed: 6.93 km/h
Running performance: 8:17 min/km

Rank in course/Total: 360 (of 373)

Rank in course/Women: 83 (of 87)

Best time in course: 42:15

Rank in category: 18(of 18)

Best time in the category: 45:34

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	16:46	7:37	18	6:49	86	8:18	2.20	16:46	7:37	18	6:49	86	8:18
Rundenzeit	1.80	14:25	8:00	18	5:48	86	7:06	4.00	31:11	7:47	18	12:37	86	15:24
Rundenzeit	1.80	15:25	8:33	18	6:33	84	7:34	5.80	46:36	8:02	18	19:10	84	22:58
Rundenzeit	1.80	15:51	8:48	18	6:44	83	7:47	7.60	1:02:27	8:13	18	25:54	83	30:45
Finish	1.80	15:31	8:37	17	6:30	77	7:17	9.40	1:17:58	8:17	18	32:24	87	49:10