



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

Detailed evaluation

Masuch, Tina

Club: SG Stern Hamburg
Number: 229

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

Category:
Frauen 40 bis 49 Jahre

Total time: 42:15

Speed: 13.35 km/h
Running performance: 4:29 min/km

Rank in course/Total: 55 (of 373)

Rank in course/Women: 1 (of 87)

Best time in course: 42:15

Rank in category: 1(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	9:10	4:09	1	-	2	0:42	2.20	9:10	4:09	1	-	2	0:42
Rundenzeit	1.80	7:57	4:25	1	-	2	0:38	4.00	17:07	4:16	1	-	2	1:20
Rundenzeit	1.80	8:09	4:31	1	-	2	0:18	5.80	25:16	4:21	1	-	2	1:38
Rundenzeit	1.80	8:23	4:39	1	-	3	0:19	7.60	33:39	4:25	1	-	2	1:57
Finish	1.80	8:36	4:46	1	-	2	0:22	9.40	42:15	4:29	1	-	3	13:27