



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

Detailed evaluation

Hanisch, Susann

Club: fce aue abt ski
Number: 117

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

Category:
Frauen 40 bis 49 Jahre

Total time: 44:03

Speed: 12.26 km/h
Running performance: 4:41 min/km

Rank in course/Total: 76 (of 373)

Rank in course/Women: 3 (of 87)

Best time in course: 42:15

Rank in category: 2(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	10:03	4:34	4	0:53	8	1:35	2.20	10:03	4:34	4	0:53	8	1:35
Rundenzeit	1.80	8:13	4:33	2	0:16	4	0:54	4.00	18:16	4:33	2	1:09	4	2:29
Rundenzeit	1.80	8:33	4:45	2	0:24	4	0:42	5.80	26:49	4:37	2	1:33	4	3:11
Rundenzeit	1.80	8:35	4:46	2	0:12	4	0:31	7.60	35:24	4:39	2	1:45	4	3:42
Finish	1.80	8:39	4:48	2	0:03	3	0:25	9.40	44:03	4:41	2	1:48	6	15:15