



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

Detailed evaluation

Lorenz, Marion

Club: Chemnitzer LV Megware
Number: 217

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

Category:
Frauen 40 bis 49 Jahre

Total time: 46:01

Speed: 11.73 km/h
Running performance: 4:54 min/km

Rank in course/Total: 103 (of 373)

Rank in course/Women: 6 (of 87)

Best time in course: 42:15

Rank in category: 4(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	9:44	4:25	2	0:34	4	1:16	2.20	9:44	4:25	2	0:34	4	1:16
Rundenzeit	1.80	8:39	4:48	4	0:42	9	1:20	4.00	18:23	4:35	3	1:16	5	2:36
Rundenzeit	1.80	8:58	4:58	4	0:49	7	1:07	5.80	27:21	4:42	3	2:05	5	3:43
Rundenzeit	1.80	9:19	5:10	5	0:56	9	1:15	7.60	36:40	4:49	3	3:01	6	4:58
Finish	1.80	9:21	5:11	5	0:45	12	1:07	9.40	46:01	4:53	4	3:46	9	17:13