



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

Detailed evaluation

Philippus, Susanne

Club: sc implus erfurt
Number: 233

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

Category:
Frauen 50 bis 59 Jahre

Total time: 47:37

Speed: 11.34 km/h
Running performance: 5:04 min/km

Rank in course/Total: 120 (of 373)

Rank in course/Women: 9 (of 87)

Best time in course: 42:15

Rank in category: 3(of 18)

Best time in the category: 45:34

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	10:23	4:43	2	0:26	10	1:55	2.20	10:23	4:43	2	0:26	10	1:55
Rundenzeit	1.80	9:17	5:09	3	0:40	16	1:58	4.00	19:40	4:55	3	1:06	13	3:53
Rundenzeit	1.80	9:25	5:13	3	0:33	12	1:34	5.80	29:05	5:00	3	1:39	13	5:27
Rundenzeit	1.80	9:30	5:16	3	0:23	10	1:26	7.60	38:35	5:04	3	2:02	11	6:53
Finish	1.80	9:02	5:01	2	0:01	5	0:48	9.40	47:37	5:03	3	2:03	13	18:49