



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

Detailed evaluation

Ittershagen, Yvonne

Club: 1. Eichsefelder Sportclub  
Number: 266

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 48:02

Speed: 11.24 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 126 (of 373)

Rank in course/Women: 11 (of 87)

Best time in course: 42:15

Rank in category: 3(of 19)

Best time in the category: 42:18

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total						
	km	Time	min/km	Cat.	Behind	Cat.	Women	Behind	Women	km	Time	min/km	Cat.	Behind	Women
Rundenzeit	2.20	8:28	3:50	1	-	1	-	2.20	8:28	3:50	1	-	1	-	
Rundenzeit	1.80	7:19	4:03	1	-	1	-	4.00	15:47	3:56	1	-	1	-	
Rundenzeit	1.80	7:51	4:21	1	-	1	-	5.80	23:38	4:04	1	-	1	-	
Rundenzeit	1.80	8:04	4:28	1	-	1	-	7.60	31:42	4:10	1	-	1	-	
Finish	1.80	16:20	9:04	19	8:06	78	8:06	9.40	48:02	5:06	4	19:14	15	19:14	