



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

Detailed evaluation

Günther, Aline

Club: Striegistal
Number: 108

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

Category:
Frauen 40 bis 49 Jahre

Total time: 48:16

Speed: 11.19 km/h
Running performance: 5:08 min/km

Rank in course/Total: 135 (of 373)

Rank in course/Women: 12 (of 87)

Best time in course: 42:15

Rank in category: 6(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	11:20	5:09	10	2:10	23	2:52	2.20	11:20	5:09	10	2:10	23	2:52
Rundenzeit	1.80	8:47	4:52	5	0:50	11	1:28	4.00	20:07	5:01	6	3:00	15	4:20
Rundenzeit	1.80	8:56	4:57	3	0:47	6	1:05	5.80	29:03	5:00	6	3:47	12	5:25
Rundenzeit	1.80	9:49	5:27	8	1:26	19	1:45	7.60	38:52	5:06	6	5:13	12	7:10
Finish	1.80	9:24	5:13	6	0:48	13	1:10	9.40	48:16	5:08	7	6:01	16	19:28