



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

Detailed evaluation

Graf, Susanne

Club: Chicken Run  
Number: 97

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 49:04

Speed: 11.01 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 146 (of 373)

Rank in course/Women: 15 (of 87)

Best time in course: 42:15

Rank in category: 4(of 19)

Best time in the category: 42:18

Intermediate times

Stage score

Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|            |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Rundenzeit | 2.20        | 11:26         | 5:11            | 7           | 2:58           | 25           | 2:58            | 2.20          | 11:26         | 5:11            | 7           | 2:58           | 25           | 2:58            |
| Rundenzeit | 1.80        | 9:11          | 5:06            | 5           | 1:52           | 14           | 1:52            | 4.00          | 20:37         | 5:09            | 6           | 4:50           | 19           | 4:50            |
| Rundenzeit | 1.80        | 9:32          | 5:17            | 4           | 1:41           | 16           | 1:41            | 5.80          | 30:09         | 5:11            | 5           | 6:31           | 17           | 6:31            |
| Rundenzeit | 1.80        | 9:44          | 5:24            | 5           | 1:40           | 18           | 1:40            | 7.60          | 39:53         | 5:14            | 5           | 8:11           | 16           | 8:11            |
| Finish     | 1.80        | 9:11          | 5:06            | 2           | 0:57           | 8            | 0:57            | 9.40          | 49:04         | 5:13            | 5           | 20:16          | 19           | 20:16           |