



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Vering, Birgit

Club: Team XR1

Number: 383

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Frauen 40 bis 49 Jahre

Total time: 49:09

Speed: 10.99 km/h

Running performance: 5:14 min/km

Rank in course/Total: 149 (of 373)

Rank in course/Women: 16 (of 87)

Best time in course: 42:15

Rank in category: 8(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	11:06	5:02	7	1:56	18	2:38	2.20	11:06	5:02	7	1:56	18	2:38
Rundenzeit	1.80	9:19	5:10	8	1:22	18	2:00	4.00	20:25	5:06	8	3:18	17	4:38
Rundenzeit	1.80	9:30	5:16	7	1:21	14	1:39	5.80	29:55	5:09	8	4:39	16	6:17
Rundenzeit	1.80	9:34	5:18	7	1:11	14	1:30	7.60	39:29	5:11	8	5:50	14	7:47
Finish	1.80	9:40	5:22	9	1:04	18	1:26	9.40	49:09	5:13	9	6:54	20	20:21