



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: 11.48 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 |