



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

Detailed evaluation

Adamus, Antje

Club: Erfurt

Number: 1

Course: 9.40 km

10 km (680 m unter der Erdoberfläche)

Category:

Frauen 30 bis 39 Jahre

Total time: 51:43

Speed: 10.44 km/h

Running performance: 5:30 min/km

Rank in course/Total: 184 (of 373)

Rank in course/Women: 23 (of 87)

Best time in course: 42:15

Rank in category: 7(of 19)

Best time in the category: 42:18

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	11:36	5:16	8	3:08	29	3:08	2.20	11:36	5:16	8	3:08	29	3:08
Rundenzeit	1.80	9:33	5:18	9	2:14	24	2:14	4.00	21:09	5:17	8	5:22	24	5:22
Rundenzeit	1.80	9:55	5:30	6	2:04	22	2:04	5.80	31:04	5:21	7	7:26	21	7:26
Rundenzeit	1.80	10:11	5:39	7	2:07	22	2:07	7.60	41:15	5:25	7	9:33	20	9:33
Finish	1.80	10:28	5:48	8	2:14	32	2:14	9.40	51:43	5:30	8	22:55	27	22:55