



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

Detailed evaluation

Friese, Petra

Club: Marathon Dinslaken
Number: 83

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

Category:
Frauen 50 bis 59 Jahre

Total time: 51:33

Speed: 10.94 km/h
Running performance: 5:29 min/km

Rank in course/Total: 180 (of 373)

Rank in course/Women: 21 (of 87)

Best time in course: 42:15

Rank in category: 4(of 18)

Best time in the category: 45:34

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	12:51	5:50	11	2:54	52	4:23	2.20	12:51	5:50	11	2:54	52	4:23
Rundenzeit	1.80	9:57	5:31	6	1:20	30	2:38	4.00	22:48	5:42	10	4:14	45	7:01
Rundenzeit	1.80	9:42	5:23	4	0:50	19	1:51	5.80	32:30	5:36	6	5:04	30	8:52
Rundenzeit	1.80	9:36	5:19	5	0:29	16	1:32	7.60	42:06	5:32	7	5:33	27	10:24
Finish	1.80	9:27	5:14	4	0:26	15	1:13	9.40	51:33	5:29	4	5:59	25	22:45