



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

Detailed evaluation

Schäfer-dören, Birgit

Club: Paderpiraten  
Number: 308

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

Category:  
Frauen 40 bis 49 Jahre

Total time: 53:10  
Speed: 10.16 km/h  
Running performance: 5:40 min/km  
Rank in course/Total: 208 (of 373)  
Rank in course/Women: 30 (of 87)  
Best time in course: 42:15  
Rank in category: 11(of 34)  
Best time in the category: 42:15

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	13:19	6:03	26	4:09	64	4:51	2.20	13:19	6:03	26	4:09	64	4:51
Rundenzeit	1.80	9:58	5:32	14	2:01	32	2:39	4.00	23:17	5:49	21	6:10	55	7:30
Rundenzeit	1.80	9:55	5:30	10	1:46	22	2:04	5.80	33:12	5:43	16	7:56	37	9:34
Rundenzeit	1.80	10:11	5:39	9	1:48	22	2:07	7.60	43:23	5:42	13	9:44	32	11:41
Finish	1.80	9:47	5:26	10	1:11	20	1:33	9.40	53:10	5:39	12	10:55	34	24:22