



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

Detailed evaluation

Schöne, Stephanie

Club: Böhlen
Number: 334

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

Category:
Frauen 40 bis 49 Jahre

Total time: 54:16
Speed: 9.95 km/h
Running performance: 5:46 min/km
Rank in course/Total: 219 (of 373)
Rank in course/Women: 32 (of 87)
Best time in course: 42:15
Rank in category: 12(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	13:14	6:00	23	4:04	60	4:46	2.20	13:14	6:00	23	4:04	60	4:46
Rundenzeit	1.80	9:39	5:21	11	1:42	25	2:20	4.00	22:53	5:43	17	5:46	49	7:06
Rundenzeit	1.80	9:53	5:29	9	1:44	21	2:02	5.80	32:46	5:38	14	7:30	34	9:08
Rundenzeit	1.80	10:46	5:58	13	2:23	34	2:42	7.60	43:32	5:43	14	9:53	33	11:50
Finish	1.80	10:44	5:57	13	2:08	35	2:30	9.40	54:16	5:46	13	12:01	36	25:28