



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

Detailed evaluation

wilde, diana

Club: tsg wittenburg e.v.
Number: 413

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

Category:
Frauen 40 bis 49 Jahre

Total time: 54:27

Speed: 9.92 km/h
Running performance: 5:47 min/km

Rank in course/Total: 223 (of 373)

Rank in course/Women: 33 (of 87)

Best time in course: 42:15

Rank in category: 13(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	11:30	5:13	12	2:20	26	3:02	2.20	11:30	5:13	12	2:20	26	3:02
Rundenzeit	1.80	10:03	5:35	15	2:06	33	2:44	4.00	21:33	5:23	12	4:26	27	5:46
Rundenzeit	1.80	10:25	5:47	15	2:16	35	2:34	5.80	31:58	5:30	12	6:42	27	8:20
Rundenzeit	1.80	10:48	6:00	15	2:25	36	2:44	7.60	42:46	5:37	12	9:07	29	11:04
Finish	1.80	11:41	6:29	23	3:05	56	3:27	9.40	54:27	5:47	14	12:12	37	25:39