



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

Detailed evaluation

Theeg, Katrin

Club: SV-Emsetal  
Number: 376

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

Category:  
Frauen 50 bis 59 Jahre

Total time: 54:52

Speed: 9.84 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 231 (of 373)

Rank in course/Women: 35 (of 87)

Best time in course: 42:15

Rank in category: 11(of 18)

Best time in the category: 45:34

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Rundenzeit	2.20	11:50	5:22	6	1:53	34	3:22	2.20	11:50	5:22	6	1:53	34	3:22
Rundenzeit	1.80	10:34	5:52	11	1:57	48	3:15	4.00	22:24	5:35	6	3:50	36	6:37
Rundenzeit	1.80	10:42	5:56	10	1:50	37	2:51	5.80	33:06	5:42	9	5:40	35	9:28
Rundenzeit	1.80	10:53	6:02	11	1:46	39	2:49	7.60	43:59	5:47	10	7:26	36	12:17
Finish	1.80	10:53	6:02	12	1:52	39	2:39	9.40	54:52	5:50	11	9:18	39	26:04