



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 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 | 11:50 | 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 |