



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

Detailed evaluation

Schaake, Martina

Club: Laufteam Wolfhagen
Number: 304

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

Category:
Frauen 40 bis 49 Jahre

Total time: 55:19

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 240 (of 373)

Rank in course/Women: 36 (of 87)

Best time in course: 42:15

Rank in category: 14(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	11:43	5:19	13	2:33	31	3:15	2.20	11:43	5:19	13	2:33	31	3:15		
Rundenzeit	1.80	10:30	5:49	18	2:33	44	3:11	4.00	22:13	5:33	13	5:06	32	6:26		
Rundenzeit	1.80	10:56	6:04	19	2:47	44	3:05	5.80	33:09	5:42	15	7:53	36	9:31		
Rundenzeit	1.80	11:15	6:15	21	2:52	48	3:11	7.60	44:24	5:50	17	10:45	39	12:42		
Finish	1.80	10:55	6:03	16	2:19	40	2:41	9.40	55:19	5:53	15	13:04	40	26:31		