



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

Detailed evaluation

Neumann, Jean

Club: Die Werkstatt Peter und Koch  
Number: 255

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 56:18

Speed: 9.59 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 254 (of 373)

Rank in course/Women: 42 (of 87)

Best time in course: 42:15

Rank in category: 9(of 19)

Best time in the category: 42:18

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	12:21	5:36	12	3:53	45	3:53	2.20	12:21	5:36	12	3:53	45	3:53
Rundenzeit	1.80	10:30	5:49	11	3:11	44	3:11	4.00	22:51	5:42	12	7:04	48	7:04
Rundenzeit	1.80	10:49	6:00	9	2:58	42	2:58	5.80	33:40	5:48	9	10:02	44	10:02
Rundenzeit	1.80	11:07	6:10	10	3:03	45	3:03	7.60	44:47	5:53	9	13:05	42	13:05
Finish	1.80	11:31	6:23	12	3:17	55	3:17	9.40	56:18	5:59	10	27:30	46	27:30