



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

Detailed evaluation

Semm, Rona

Club: Rudolstadt  
Number: 354

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 56:52

Speed: 9.50 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 260 (of 373)

Rank in course/Women: 45 (of 87)

Best time in course: 42:15

Rank in category: 10(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	12:19	5:35	10	3:51	40	3:51	2.20	12:19	5:35	10	3:51	40	3:51
Rundenzeit	1.80	10:38	5:54	13	3:19	52	3:19	4.00	22:57	5:44	13	7:10	50	7:10
Rundenzeit	1.80	11:20	6:17	13	3:29	54	3:29	5.80	34:17	5:54	11	10:39	49	10:39
Rundenzeit	1.80	11:20	6:17	12	3:16	51	3:16	7.60	45:37	6:00	11	13:55	48	13:55
Finish	1.80	11:15	6:15	10	3:01	48	3:01	9.40	56:52	6:02	11	28:04	49	28:04