



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

Detailed evaluation

Gilles, Janine

Club: PADERPIRATEN e.V  
Number: 90

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 57:15

Speed: 9.43 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 267 (of 373)

Rank in course/Women: 48 (of 87)

Best time in course: 42:15

Rank in category: 12(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	13:37	6:11	16	5:09	71	5:09	2.20	13:37	6:11	16	5:09	71	5:09
Rundenzeit	1.80	10:34	5:52	12	3:15	48	3:15	4.00	24:11	6:02	15	8:24	63	8:24
Rundenzeit	1.80	11:03	6:08	11	3:12	46	3:12	5.80	35:14	6:04	14	11:36	59	11:36
Rundenzeit	1.80	10:52	6:02	9	2:48	38	2:48	7.60	46:06	6:03	13	14:24	51	14:24
Finish	1.80	11:09	6:11	9	2:55	44	2:55	9.40	57:15	6:05	13	28:27	52	28:27