



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

Detailed evaluation

Klein, Frauke

Club: Grubenwehr Bergwerk Ost
Number: 169

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

Category:
Frauen 40 bis 49 Jahre

Total time: 58:13

Speed: 9.69 km/h
Running performance: 6:11 min/km

Rank in course/Total: 279 (of 373)

Rank in course/Women: 53 (of 87)

Best time in course: 42:15

Rank in category: 20(of 34)

Best time in the category: 42:15

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	13:30	6:08	28	4:20	68	5:02	2.20	13:30	6:08	28	4:20	68	5:02
Rundenzeit	1.80	11:13	6:13	28	3:16	65	3:54	4.00	24:43	6:10	29	7:36	67	8:56
Rundenzeit	1.80	11:25	6:20	24	3:16	57	3:34	5.80	36:08	6:13	28	10:52	65	12:30
Rundenzeit	1.80	11:14	6:14	20	2:51	47	3:10	7.60	47:22	6:13	24	13:43	59	15:40
Finish	1.80	10:51	6:01	15	2:15	38	2:37	9.40	58:13	6:11	21	15:58	57	29:25