



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

Detailed evaluation

Schröder, Kirsten

Club: FiFi GÖ & Friends  
Number: 340

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

Category:  
Frauen 40 bis 49 Jahre

Total time: 58:22

Speed: 9.66 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 284 (of 373)

Rank in course/Women: 55 (of 87)

Best time in course: 42:15

Rank in category: 22(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	12:56	5:52	21	3:46	55	4:28	2.20	12:56	5:52	21	3:46	55	4:28
Rundenzeit	1.80	10:45	5:58	21	2:48	55	3:26	4.00	23:41	5:55	22	6:34	57	7:54
Rundenzeit	1.80	11:28	6:22	25	3:19	58	3:37	5.80	35:09	6:03	23	9:53	58	11:31
Rundenzeit	1.80	11:54	6:36	26	3:31	60	3:50	7.60	47:03	6:11	23	13:24	58	15:21
Finish	1.80	11:19	6:17	20	2:43	50	3:05	9.40	58:22	6:12	23	16:07	59	29:34