



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

Detailed evaluation

Technau, Sylvia

Club: Thamsbrück
Number: 375

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

Category:
Frauen 40 bis 49 Jahre

Total time: 59:26

Speed: 9.09 km/h
Running performance: 6:19 min/km

Rank in course/Total: 296 (of 373)

Rank in course/Women: 58 (of 87)

Best time in course: 42:15

Rank in category: 24(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	11:11	5:04	9	2:01	21	2:43	2.20	11:11	5:04	9	2:01	21	2:43
Rundenzeit	1.80	11:33	6:25	30	3:36	72	4:14	4.00	22:44	5:41	15	5:37	40	6:57
Rundenzeit	1.80	12:09	6:45	30	4:00	71	4:18	5.80	34:53	6:00	21	9:37	54	11:15
Rundenzeit	1.80	12:30	6:56	29	4:07	68	4:26	7.60	47:23	6:14	25	13:44	60	15:41
Finish	1.80	12:03	6:41	25	3:27	60	3:49	9.40	59:26	6:19	25	17:11	62	30:38