



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

Detailed evaluation

Schäfer, Yvonne

Club: LG Oerlinghausen
Number: 307

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:07:17

Speed: 8.03 km/h
Running performance: 7:10 min/km

Rank in course/Total: 337 (of 373)

Rank in course/Women: 71 (of 87)

Best time in course: 42:15

Rank in category: 29(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	13:58	6:20	31	4:48	77	5:30	2.20	13:58	6:20	31	4:48	77	5:30
Rundenzeit	1.80	13:04	7:15	32	5:07	81	5:45	4.00	27:02	6:45	32	9:55	79	11:15
Rundenzeit	1.80	13:42	7:36	33	5:33	81	5:51	5.80	40:44	7:01	32	15:28	78	17:06
Rundenzeit	1.80	13:20	7:24	32	4:57	76	5:16	7.60	54:04	7:06	32	20:25	76	22:22
Finish	1.80	13:13	7:20	27	4:37	72	4:59	9.40	1:07:17	7:09	30	25:02	75	38:29