



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

Detailed evaluation

Schlegel, Ute

Club: Dresden/Greiz  
Number: 315

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

Category:  
Frauen 40 bis 49 Jahre

Total time: 1:09:09

Speed: 7.81 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 350 (of 373)

Rank in course/Women: 76 (of 87)

Best time in course: 42:15

Rank in category: 30(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	15:00	6:49	33	5:50	81	6:32	2.20	15:00	6:49	33	5:50	81	6:32
Rundenzeit	1.80	13:12	7:19	33	5:15	82	5:53	4.00	28:12	7:02	33	11:05	83	12:25
Rundenzeit	1.80	13:22	7:25	32	5:13	79	5:31	5.80	41:34	7:10	33	16:18	81	17:56
Rundenzeit	1.80	13:27	7:28	33	5:04	79	5:23	7.60	55:01	7:14	33	21:22	80	23:19
Finish	1.80	14:08	7:51	28	5:32	76	5:54	9.40	1:09:09	7:21	31	26:54	80	40:21