



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

Detailed evaluation

Steden, Lena

Club: München
Number: 364

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

Category:
Frauen 20 bis 29 Jahre

Total time: 1:12:27

Speed: 7.78 km/h
Running performance: 7:43 min/km

Rank in course/Total: 354 (of 373)

Rank in course/Women: 78 (of 87)

Best time in course: 42:15

Rank in category: 9(of 11)

Best time in the category: 49:03

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	13:46	6:15	10	3:44	73	5:18	2.20	13:46	6:15	10	3:44	73	5:18
Rundenzeit	1.80	11:15	6:15	10	2:38	66	3:56	4.00	25:01	6:15	10	6:22	72	9:14
Rundenzeit	1.80	11:39	6:28	9	2:12	60	3:48	5.80	36:40	6:19	10	8:28	69	13:02
Rundenzeit	1.80	11:47	6:32	7	2:09	59	3:43	7.60	48:27	6:22	9	8:33	66	16:45
Finish	1.80	24:00	13:19	11	14:51	83	15:46	9.40	1:12:27	7:42	11	34:13	82	43:39