



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

Detailed evaluation

Schmidt, Ines

Club: SV Alemania Riestedt
Number: 324

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

Category:
Frauen 40 bis 49 Jahre

Total time: 1:13:18

Speed: 7.37 km/h
Running performance: 7:48 min/km

Rank in course/Total: 355 (of 373)

Rank in course/Women: 79 (of 87)

Best time in course: 42:15

Rank in category: 31(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	13:17	6:02	24	4:07	61	4:49	2.20	13:17	6:02	24	4:07	61	4:49
Rundenzeit	1.80	11:16	6:15	29	3:19	67	3:57	4.00	24:33	6:08	28	7:26	66	8:46
Rundenzeit	1.80	11:51	6:34	27	3:42	65	4:00	5.80	36:24	6:16	30	11:08	67	12:46
Rundenzeit	1.80	12:10	6:45	27	3:47	63	4:06	7.60	48:34	6:23	30	14:55	67	16:52
Finish	1.80	24:44	13:44	31	16:08	84	16:30	9.40	1:13:18	7:47	32	31:03	83	44:30