



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

Detailed evaluation

Thiem, Liane

Club: AF-Personal-Training
Number: 377

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

Category:
Frauen 30 bis 39 Jahre

Total time: 42:18

Speed: 13.33 km/h
Running performance: 4:30 min/km

Rank in course/Total: 57 (of 373)

Rank in course/Women: 2 (of 87)

Best time in course: 42:15

Rank in category: 1(of 19)

Best time in the category: 42:18

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	9:30	4:19	2	1:02	3	1:02	2.20	9:30	4:19	2	1:02	3	1:02
Rundenzeit	1.80	8:08	4:31	2	0:49	3	0:49	4.00	17:38	4:24	2	1:51	3	1:51
Rundenzeit	1.80	8:12	4:33	2	0:21	3	0:21	5.80	25:50	4:27	2	2:12	3	2:12
Rundenzeit	1.80	8:14	4:34	2	0:10	2	0:10	7.60	34:04	4:28	2	2:22	3	2:22
Finish	1.80	8:14	4:34	1	-	1	-	9.40	42:18	4:29	2	13:30	4	13:30