



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

Detailed evaluation

Vehlow-Diekman, Ute

Club: SG Stern Hamburg
Number: 382

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

Category:
Frauen 50 bis 59 Jahre

Total time: 45:34

Speed: 11.85 km/h
Running performance: 4:51 min/km

Rank in course/Total: 94 (of 373)

Rank in course/Women: 4 (of 87)

Best time in course: 42:15

Rank in category: 1(of 18)

Best time in the category: 45:34

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	9:57	4:31	1	-	6	1:29	2.20	9:57	4:31	1	-	6	1:29
Rundenzeit	1.80	8:37	4:47	1	-	5	1:18	4.00	18:34	4:38	1	-	7	2:47
Rundenzeit	1.80	8:52	4:55	1	-	5	1:01	5.80	27:26	4:43	1	-	6	3:48
Rundenzeit	1.80	9:07	5:03	1	-	5	1:03	7.60	36:33	4:48	1	-	5	4:51
Finish	1.80	9:01	5:00	1	-	4	0:47	9.40	45:34	4:50	1	-	7	16:46