



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

Detailed evaluation

Schmidt, Anke

Club: Triathlonfreunde Wittenberg
Number: 320

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

Category:
Frauen 40 bis 49 Jahre

Total time: 45:42

Speed: 11.82 km/h
Running performance: 4:52 min/km

Rank in course/Total: 95 (of 373)

Rank in course/Women: 5 (of 87)

Best time in course: 42:15

Rank in category: 3(of 34)

Best time in the category: 42:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.20	9:46	4:26	3	0:36	5	1:18	2.20	9:46	4:26	3	0:36	5	1:18
Rundenzeit	1.80	8:37	4:47	3	0:40	5	1:18	4.00	18:23	4:35	3	1:16	5	2:36
Rundenzeit	1.80	9:05	5:02	6	0:56	10	1:14	5.80	27:28	4:44	4	2:12	7	3:50
Rundenzeit	1.80	9:12	5:06	4	0:49	7	1:08	7.60	36:40	4:49	3	3:01	6	4:58
Finish	1.80	9:02	5:01	3	0:26	5	0:48	9.40	45:42	4:51	3	3:27	8	16:54