



19. Sondershäuser Kristall-Lauf  
Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Scheffer, Simone

Club: Harlingen  
Number: 332

Course: 10.50 km  
10 km (680 m unter der Erdoberfläche)

Category:  
Frauen 50 bis 59 Jahre

Total time: 1:13:51

Speed: 8.12 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 360 (of 389)

Rank in course/Women: 73 (of 88)

Best time in course: 45:40

Rank in category: 13(of 16)

Best time in the category: 50:16

Intermediate times

Stage score

Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|            |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Rundenzeit | 2.10        | 14:13         | 6:46            | 12          | 4:17           | 73           | 5:24            | 2.10          | 14:13         | 6:46            | 12          | 4:17           | 73           | 5:24            |
| Rundenzeit | 2.10        | 14:06         | 6:42            | 13          | 4:15           | 71           | 12:28           | 4.20          | 28:19         | 6:44            | 14          | 8:32           | 75           | 10:25           |
| Rundenzeit | 2.10        | 14:48         | 7:02            | 13          | 4:48           | 70           | 5:34            | 6.30          | 43:07         | 6:50            | 14          | 13:20          | 74           | 15:52           |
| Rundenzeit | 2.10        | 15:24         | 7:19            | 13          | 5:13           | 72           | 5:55            | 8.40          | 58:31         | 6:57            | 14          | 18:33          | 74           | 21:42           |
| Finish     | 2.10        | 15:20         | 7:18            | 13          | 5:02           | 74           | 6:30            | 10.50         | 1:13:51       | 7:01            | 13          | 23:35          | 73           | 28:11           |