



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

Detailed evaluation

Neefe, Anja

Club: Chemnitz
Number: 278

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:13:26

Speed: 8.17 km/h
Running performance: 6:59 min/km

Rank in course/Total: 357 (of 389)

Rank in course/Men: 285 (of 301)

Best time in course: 32:58

Rank in category: 68(of 68)

Best time in the category: 32:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Rundenzeit	2.10	13:35	6:28	66	7:13	258	7:13	2.10	13:35	6:28	66	7:13	258	7:13
Rundenzeit	2.10	13:46	6:33	67	7:14	282	12:08	4.20	27:21	6:30	67	14:27	276	14:27
Rundenzeit	2.10	15:01	7:09	68	8:21	289	8:21	6.30	42:22	6:43	67	22:48	282	22:48
Rundenzeit	2.10	15:11	7:13	68	8:31	286	8:31	8.40	57:33	6:51	68	31:19	284	31:19
Finish	2.10	15:53	7:33	68	9:09	284	9:09	10.50	1:13:26	6:59	68	40:28	285	40:28