



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

Detailed evaluation

Haas, Nadine

Club: Mama läuft schnell  
Number: 142

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

Category:  
Frauen 30 bis 39 Jahre

Total time: 1:25:02

Speed: 7.06 km/h  
Running performance: 8:06 min/km

Rank in course/Total: 376 (of 389)

Rank in course/Women: 83 (of 88)

Best time in course: 45:40

Rank in category: 27(of 28)

Best time in the category: 45:40

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	2.10	16:49	8:00	28	8:00	86	8:00	2.10	16:49	8:00	28	8:00	86	8:00
Rundenzeit	2.10	18:36	8:51	28	9:31	87	16:58	4.20	35:25	8:25	28	17:31	86	17:31
Rundenzeit	2.10	18:48	8:57	28	9:34	86	9:34	6.30	54:13	8:36	28	26:58	86	26:58
Rundenzeit	2.10	19:04	9:04	28	9:35	86	9:35	8.40	1:13:17	8:43	28	36:28	86	36:28
Finish	2.10	11:45	5:35	11	2:55	24	2:55	10.50	1:25:02	8:05	27	39:22	83	39:22