



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Klug, Nadine

Club: Ronnenberg
Number: 197

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

Category:
Frauen 30 bis 39 Jahre

Total time: 48:32

Speed: 12.36 km/h
Running performance: 4:37 min/km

Rank in course/Total: 56 (of 389)

Rank in course/Women: 5 (of 88)

Best time in course: 45:40

Rank in category: 4(of 28)

Best time in the category: 45:40

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	9:27	4:29	4	0:38	5	0:38	2.10	9:27	4:29	4	0:38	5	0:38
Rundenzeit	2.10	9:31	4:31	4	0:26	5	7:53	4.20	18:58	4:30	4	1:04	5	1:04
Rundenzeit	2.10	9:51	4:41	4	0:37	6	0:37	6.30	28:49	4:34	4	1:34	5	1:34
Rundenzeit	2.10	10:01	4:46	4	0:32	6	0:32	8.40	38:50	4:37	4	2:01	5	2:01
Finish	2.10	9:42	4:37	4	0:52	5	0:52	10.50	48:32	4:37	4	2:52	5	2:52