



18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Panzer, Alexandra

Club: TriRockets
Number: 270

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

Category:
Frauen 40 bis 49 Jahre

Total time: 56:18

Speed: 10.02 km/h
Running performance: 5:59 min/km

Rank in course/Total: 255 (of 373)

Rank in course/Women: 42 (of 87)

Best time in course: 42:15

Rank in category: 17(of 34)

Best time in the category: 42:15

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	2.20	12:27	5:39	17	3:17	47	3:59	2.20	12:27	5:39	17	3:17	47	3:59	
Rundenzeit	1.80	10:31	5:50	19	2:34	46	3:12	4.00	22:58	5:44	19	5:51	53	7:11	
Rundenzeit	1.80	10:47	5:59	17	2:38	41	2:56	5.80	33:45	5:49	18	8:29	46	10:07	
Rundenzeit	1.80	11:06	6:09	19	2:43	44	3:02	7.60	44:51	5:54	18	11:12	43	13:09	
Finish	1.80	11:27	6:21	22	2:51	53	3:13	9.40	56:18	5:59	18	14:03	46	27:30	