18. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Panterodt, Anke

Club: Kreissparkasse Nordhausen
Number: 269

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

Category:
Frauen 40 bis 49 Jahre

Total time: 59:38

Speed: 9.46 km/h
Running performance: 6:20 min/km

Rank in course/Total: 299 (of 373)
Rank in course/Women: 60 (of 87)
Best time in course: 42:15

Rank in category: 25(of 34)
Best time in the category: 42:15

Intermediate times

Control	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
	Stage score							Total ranking						
Rundenzeit	2.20	13:56	6:19	30	4:46	76	5:28	2.20	13:56	6:19	30	4:46	76	5:28
Rundenzeit	1.80	10:50	6:01	25	2:53	61	3:31	4.00	24:46	6:11	30	7:39	69	8:59
Rundenzeit	1.80	11:18	6:16	21	3:09	52	3:27	5.80	36:04	6:13	27	10:48	64	12:26
Rundenzeit	1.80	11:39	6:28	24	3:16	56	3:35	7.60	47:43	6:16	27	14:04	63	16:01
Finish	1.80	11:55	6:37	24	3:19	59	3:41	9.40	59:38	6:20	26	17:23	64	30:50