



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

Detailed evaluation

Panzer, Alexandra

Club: TriRockets  
Number: 291

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

Category:  
Frauen 40 bis 49 Jahre

Total time: 1:01:26

Speed: 9.77 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 259 (of 389)

Rank in course/Women: 38 (of 88)

Best time in course: 45:40

Rank in category: 12(of 22)

Best time in the category: 48:25

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	12:30	5:57	13	3:32	41	3:41	2.10	12:30	5:57	13	3:32	41	3:41
Rundenzeit	2.10	12:02	5:43	13	2:26	43	10:24	4.20	24:32	5:50	13	5:58	43	6:38
Rundenzeit	2.10	12:18	5:51	13	2:29	35	3:04	6.30	36:50	5:50	12	8:27	41	9:35
Rundenzeit	2.10	12:12	5:48	10	2:15	28	2:43	8.40	49:02	5:50	12	10:30	35	12:13
Finish	2.10	12:24	5:54	11	2:32	39	3:34	10.50	1:01:26	5:51	12	13:01	38	15:46