



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

Detailed evaluation

Mittelstedt, Diana

Club: tsv alperstedt
Number: 263

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

Category:
Frauen 30 bis 39 Jahre

Total time: 52:59

Speed: 11.32 km/h
Running performance: 5:03 min/km

Rank in course/Total: 118 (of 389)

Rank in course/Women: 13 (of 88)

Best time in course: 45:40

Rank in category: 7(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	11:10	5:19	8	2:21	18	2:21	2.10	11:10	5:19	8	2:21	18	2:21
Rundenzeit	2.10	10:16	4:53	8	1:11	16	8:38	4.20	21:26	5:06	8	3:32	18	3:32
Rundenzeit	2.10	10:23	4:56	5	1:09	10	1:09	6.30	31:49	5:03	8	4:34	16	4:34
Rundenzeit	2.10	10:37	5:03	6	1:08	11	1:08	8.40	42:26	5:03	7	5:37	14	5:37
Finish	2.10	10:33	5:01	6	1:43	12	1:43	10.50	52:59	5:02	7	7:19	13	7:19