



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

Detailed evaluation

Dienemann, Daniela

Club: Sömmerda
Number: 72

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

Category:
Frauen 30 bis 39 Jahre

Total time: 1:04:36

Speed: 9.29 km/h
Running performance: 6:09 min/km

Rank in course/Total: 296 (of 389)

Rank in course/Women: 48 (of 88)

Best time in course: 45:40

Rank in category: 14(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	14:12	6:45	21	5:23	71	5:23	2.10	14:12	6:45	21	5:23	71	5:23
Rundenzeit	2.10	12:18	5:51	14	3:13	46	10:40	4.20	26:30	6:18	18	8:36	56	8:36
Rundenzeit	2.10	12:42	6:02	16	3:28	45	3:28	6.30	39:12	6:13	17	11:57	52	11:57
Rundenzeit	2.10	13:00	6:11	14	3:31	46	3:31	8.40	52:12	6:12	16	15:23	51	15:23
Finish	2.10	12:24	5:54	14	3:34	39	3:34	10.50	1:04:36	6:09	14	18:56	48	18:56