



Detailed evaluation

Diana Spieker

Club: SV Rhön-Rennsteig-Sparkasse

Number: 56

Course: 12.50 km

12,5 km - Lauf

Category:

Seniorinnen W50 (50-54)

Total time: 1:08:35

Speed: 10.50 km/h

Running performance: 5:29 min/km

Rank in course/Total: 24 (of 70)

Rank in course/Women: 1 (of 22)

Best time in course: 1:08:35

Rank in category: 1(of 2)

Best time in the category: 1:08:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	5.80	37:37	6:29	1	-	2	0:04	5.80	37:37	6:29	1	-	2	0:04
Finish	6.70	30:58	4:37	1	-	1	-	12.50	1:08:35	5:29	1	-	1	-