



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

Detailed evaluation

Laufschule Lisa Schulte

Club: Laufschule Lisa Schulte

Number: 129

Course: 15.60 km

Erwachsenenstaffel

Category:

Erwachsenenstaffel

Total time: 1:29:27

Speed: 10.06 km/h

Running performance: 5:44 min/km

Rank in course: 13 (of 13)

Best time in course: 1:00:27

Rank in category: 13(of 13)

Best time in the category: 1:00:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Total		
	km	Time			min/km	Cat.		Cat.	Total			Total	km	Time
Lap 1	1.56	8:57	5:44	13	3:40	13	3:40	1.56	8:57	5:44	13	3:40	13	3:40
Lap 2	1.56	9:59	6:23	13	4:36	13	4:36	3.12	18:56	6:04	13	8:16	13	8:16
Lap 3	1.56	9:38	6:10	13	4:01	13	4:01	4.68	28:34	6:06	13	12:09	13	12:09
Lap 4	1.56	9:10	5:52	13	3:40	13	3:40	6.24	37:44	6:02	13	14:29	13	14:29
Lap 5	1.56	8:57	5:44	13	3:24	13	3:24	7.80	46:41	5:59	13	17:53	13	17:53
Lap 6	1.56	6:36	4:13	7	0:43	7	0:43	9.36	53:17	5:41	13	18:09	13	18:09
Lap 7	1.56	9:49	6:17	13	4:20	13	4:20	10.92	1:03:06	5:46	13	21:46	13	21:46
Lap 8	1.56	8:09	5:13	13	2:22	13	2:22	12.48	1:11:15	5:42	13	23:23	13	23:23
Lap 9	1.56	9:09	5:51	12	3:43	12	3:43	14.04	1:20:24	5:43	12	27:06	12	27:06
Last lap Finish	1.56	9:03	5:48	12	3:10	12	3:10	15.60	1:29:27	5:44	13	29:00	13	29:00