



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Schlachte, Roswita

Club: Dets Race Team
Number: 122

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 55:44

Speed: 9.69 km/h
Running performance: 5:45 min/km

Rank in course/Total: 44 (of 73)

Rank in course/Women: 12 (of 24)

Best time in course: 46:57

Rank in category: 2(of 2)

Best time in the category: 46:57

Control	Intermediate times			Stage score				Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	22:08	6:42	2	3:30	12	3:30	3.30	22:08	6:42	2	3:30	14	
Lap 2	1.70	10:46	6:20	2	1:19	7	1:19	5.00	32:54	6:34	2	4:49	14	
Lap 3	2.10	9:42	4:37	2	1:41	11	1:41	7.10	42:36	6:00	2	6:30	14	
Last lap Finish	2.60	13:08	5:03	2	2:17	15	2:28	9.70	55:44	5:44	2	8:47	12	8:47