



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Heithecker, Anne

Club: TSV Victoria Linden
Number: 129

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 56:37

Speed: 10.28 km/h
Running performance: 5:50 min/km

Rank in course/Total: 46 (of 73)
Rank in course/Women: 13 (of 24)
Best time in course: 46:57

Rank in category: 6(of 8)
Best time in the category: 47:52

Intermediate times				Stage score				Total ranking						
Control	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	22:17	6:45	6	3:39	14	3:39	3.30	22:17	6:45	6	3:39	1	-
Lap 2	1.70	11:18	6:38	6	1:51	11	1:51	5.00	33:35	6:43	6	5:30	1	-
Lap 3	2.10	10:10	4:50	7	1:33	15	2:09	7.10	43:45	6:09	6	7:03	1	-
Last lap Finish	2.60	12:52	4:56	6	1:42	13	2:12	9.70	56:37	5:50	6	8:45	13	9:40