



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Deperest, Nagali

Number: 169

Course: 9.70 km  
10 km-Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 56:43

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 47 (of 73)

Rank in course/Women: 14 (of 24)

Best time in course: 46:57

Rank in category: 2(of 3)

Best time in the category: 54:37

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	22:11	6:43	2	0:42	13	3:33	3.30	22:11	6:43	2	0:42	12	
Lap 2	1.70	12:12	7:10	2	0:37	17	2:45	5.00	34:23	6:52	2	1:19	12	0:48
Lap 3	2.10	9:37	4:34	2	0:12	10	1:36	7.10	44:00	6:11	2	1:31	12	0:15
Last lap Finish	2.60	12:43	4:53	2	0:35	12	2:03	9.70	56:43	5:50	2	2:06	14	9:46