



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: 9.52 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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            |  |