



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Viktoria, Rungelrath

Number: 180

Course: 9.70 km  
10 km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 58:16

Speed: 9.27 km/h

Running performance: 6:01 min/km

Rank in course/Total: 51 (of 73)

Rank in course/Women: 15 (of 24)

Best time in course: 46:57

Rank in category: 1(of 4)

Best time in the category: 58:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	22:56	6:56	2	0:17	16	4:18	3.30	22:56	6:56	1	-	11	0:39
Lap 2	1.70	11:25	6:42	1	-	13	1:58	5.00	34:21	6:52	1	-	11	0:46
Lap 3	2.10	10:51	5:09	2	0:08	17	2:50	7.10	45:12	6:21	1	-	11	1:27
Last lap Finish	2.60	13:04	5:01	1	-	14	2:24	9.70	58:16	6:00	1	-	15	11:19