



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bulla, Astrid

Club: SVE Hiddestorf
Number: 155

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 58:42

Speed: 9.20 km/h
Running performance: 6:03 min/km

Rank in course/Total: 54 (of 73)
Rank in course/Women: 16 (of 24)
Best time in course: 46:57

Rank in category: 7(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	23:24	7:05	7	4:46	17	4:46	3.30	23:24	7:05	7	4:46	10	1:07
Lap 2	1.70	12:23	7:17	8	2:56	18	2:56	5.00	35:47	7:09	7	7:42	10	2:12
Lap 3	2.10	9:45	4:38	4	1:08	12	1:44	7.10	45:32	6:24	7	8:50	10	1:47
Last lap Finish	2.60	13:10	5:03	7	2:00	16	2:30	9.70	58:42	6:03	7	10:50	16	11:45