



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Meiseberg, Jule

Club: Hannover  
Number: 128

Course: 9.70 km  
10 km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:00:08

Speed: 9.68 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 56 (of 73)  
Rank in course/Women: 17 (of 24)  
Best time in course: 46:57

Rank in category: 2(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	22:39	6:51	1	-	15	4:01	3.30	22:39	6:51	2		9	0:22
Lap 2	1.70	12:54	7:35	2	1:29	19	3:27	5.00	35:33	7:06	2	1:12	9	1:58
Lap 3	2.10	10:43	5:06	1	-	16	2:42	7.10	46:16	6:30	2	1:04	9	2:31
Last lap Finish	2.60	13:52	5:19	2	0:48	17	3:12	9.70	1:00:08	6:11	2	1:52	17	13:11