



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Brokering, Silke

Club: Seelze
Number: 114

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:01:18

Speed: 8.81 km/h
Running performance: 6:19 min/km

Rank in course/Total: 61 (of 73)
Rank in course/Women: 18 (of 24)
Best time in course: 46:57

Rank in category: 5(of 7)
Best time in the category: 47:18

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	24:02	7:16	5	5:13	19	5:24	3.30	24:02	7:16	5	5:13	8	1:45
Lap 2	1.70	12:07	7:07	5	2:32	15	2:40	5.00	36:09	7:13	5	7:45	8	2:34
Lap 3	2.10	11:04	5:16	5	2:50	18	3:03	7.10	47:13	6:39	5	10:35	8	3:28
Last lap Finish	2.60	14:05	5:25	5	3:25	18	3:25	9.70	1:01:18	6:19	5	14:00	18	14:21