



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bienek, Laura

Number: 50

Course: 5.00 km
5 km-Lauf

Category:
weibliche Jugend U16 (14-15 Jahre)

Total time: 25:12

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 12 (of 53)

Rank in course/Women: 3 (of 28)

Best time in course: 21:30

Rank in category: 1(of 1)

Best time in the category: 25:12

| 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 | 17:48 | 5:23 | 1 | - | 4 | 2:34 | 3.30 | 17:48 | 5:23 | 1 | - | 27 | |
| Last lap Finish | 1.70 | 7:24 | 4:21 | 1 | - | 3 | 1:08 | 5.00 | 25:12 | 5:02 | 1 | - | 3 | 3:42 |