



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.	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	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	