



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Lutz, Claudia

Club: W98

Number: 132

Course: 9.70 km

10 km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:37

Speed: 8.76 km/h

Running performance: 6:21 min/km

Rank in course/Total: 62 (of 73)

Rank in course/Women: 19 (of 24)

Best time in course: 46:57

Rank in category: 8(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.	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	23:58	7:15	8	5:20	18	5:20	3.30	23:58	7:15	8	5:20	7	1:41
Lap 2	1.70	12:10	7:09	7	2:43	16	2:43	5.00	36:08	7:13	8	8:03	7	2:33
Lap 3	2.10	11:18	5:22	8	2:41	19	3:17	7.10	47:26	6:40	8	10:44	7	3:41
Last lap Finish	2.60	14:11	5:27	8	3:01	19	3:31	9.70	1:01:37	6:21	8	13:45	19	14:40