



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Klockemann, Lena

Number: 175

Course: 9.70 km
10 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:04:42

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 66 (of 73)

Rank in course/Women: 20 (of 24)

Best time in course: 46:57

Rank in category: 3(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	24:52	7:32	3	2:13	20	6:14	3.30	24:52	7:32	3	1:56	6	2:35
Lap 2	1.70	14:00	8:14	4	2:35	24	4:33	5.00	38:52	7:46	3	4:31	6	5:17
Lap 3	2.10	11:27	5:27	3	0:44	20	3:26	7.10	50:19	7:05	3	5:07	6	6:34
Last lap Finish	2.60	14:23	5:31	3	1:19	20	3:43	9.70	1:04:42	6:40	3	6:26	20	17:45