



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: 8.35 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |