



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Hecker, Kristina

Club: Laufen statt saufen
Number: 139

Course: 9.70 km
10 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:05:45

Speed: 8.21 km/h
Running performance: 6:47 min/km

Rank in course/Total: 68 (of 73)
Rank in course/Women: 21 (of 24)
Best time in course: 46:57

Rank in category: 4(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	24:56	7:33	4	2:17	21	6:18	3.30	24:56	7:33	4	2:00	5	2:39
Lap 2	1.70	13:45	8:05	3	2:20	23	4:18	5.00	38:41	7:44	4	4:20	5	5:06
Lap 3	2.10	11:58	5:41	4	1:15	22	3:57	7.10	50:39	7:08	4	5:27	4	6:54
Last lap Finish	2.60	15:06	5:48	4	2:02	21	4:26	9.70	1:05:45	6:46	4	7:29	21	18:48