



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Köritz, Heike

Club: Wunstorf
Number: 115

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:58

Speed: 8.82 km/h
Running performance: 6:48 min/km

Rank in course/Total: 69 (of 73)
Rank in course/Women: 22 (of 24)
Best time in course: 46:57

Rank in category: 6(of 7)
Best time in the category: 47:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	25:26	7:42	6	6:37	22	6:48	3.30	25:26	7:42	6	6:37	4	3:09
Lap 2	1.70	13:25	7:53	6	3:50	20	3:58	5.00	38:51	7:46	6	10:27	4	5:16
Lap 3	2.10	11:48	5:37	6	3:34	21	3:47	7.10	50:39	7:08	6	14:01	4	6:54
Last lap Finish	2.60	15:19	5:53	6	4:39	23	4:39	9.70	1:05:58	6:48	6	18:40	22	19:01