



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Tüxen, Britta

Club: Hannover
Number: 109

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:07:36

Speed: 7.99 km/h
Running performance: 6:58 min/km

Rank in course/Total: 70 (of 73)
Rank in course/Women: 23 (of 24)
Best time in course: 46:57

Rank in category: 7(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	26:22	7:59	7	7:33	23	7:44	3.30	26:22	7:59	7	7:33	3	4:05
Lap 2	1.70	13:27	7:54	7	3:52	21	4:00	5.00	39:49	7:57	7	11:25	3	6:14
Lap 3	2.10	12:25	5:54	7	4:11	23	4:24	7.10	52:14	7:21	7	15:36	3	8:29
Last lap Finish	2.60	15:22	5:54	7	4:42	24	4:42	9.70	1:07:36	6:58	7	20:18	23	20:39