



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Danner, Pia

Club: Hannover
Number: 145

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:08:13

Speed: 7.92 km/h
Running performance: 7:02 min/km

Rank in course/Total: 72 (of 73)
Rank in course/Women: 24 (of 24)
Best time in course: 46:57

Rank in category: 3(of 3)
Best time in the category: 54:37

| 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 | 26:51 | 8:08 | 3 | 5:22 | 24 | 8:13 | 3.30 | 26:51 | 8:08 | 3 | 5:22 | 2 | 4:34 |
| Lap 2 | 1.70 | 13:44 | 8:04 | 3 | 2:09 | 22 | 4:17 | 5.00 | 40:35 | 8:07 | 3 | 7:31 | 2 | 7:00 |
| Lap 3 | 2.10 | 12:31 | 5:57 | 3 | 3:06 | 24 | 4:30 | 7.10 | 53:06 | 7:28 | 3 | 10:37 | 2 | 9:21 |
| Last lap Finish | 2.60 | 15:07 | 5:48 | 3 | 2:59 | 22 | 4:27 | 9.70 | 1:08:13 | 7:01 | 3 | 13:36 | 24 | 21:16 |