



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