



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Raddatz, Alexandra

Club: Hannover 96 Triathlon  
Number: 617

Course: 20.80 km  
Halbmarathon

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:37:09

Speed: 12.35 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 16 (of 110)

Rank in course/Women: 1 (of 18)

Best time in course: 1:37:09

Rank in category: 1(of 1)

Best time in the category: 1:37:09

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	14:21	4:20	1	-	1	-	3.30	14:21	4:20	1	-	10	
Lap 2	1.70	8:14	4:50	1	-	1	-	5.00	22:35	4:30	1	-	10	
Lap 3	2.10	7:38	3:38	1	-	1	-	7.10	30:13	4:15	1	-	9	
Lap 4	4.95	23:17	4:42	1	-	1	-	12.05	53:30	4:26	1	-	10	
Lap 5	3.65	15:33	4:15	1	-	1	-	15.70	1:09:03	4:23	1	-	9	
Lap 6	1.40	5:35	3:59	1	-	2	2:16	17.10	1:14:38	4:21	1	-	10	
Last lap Finish	3.70	22:31	6:05	1	-	8	3:06	20.80	1:37:09	4:40	1	-	1	-