



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Mewes, Gwendolyn

Club: Dets Race Team
Number: 635

Course: 20.80 km
Halbmarathon

Category:
Frauen (20-29 Jahre)

Total time: 1:43:30

Speed: 11.59 km/h
Running performance: 4:59 min/km

Rank in course/Total: 20 (of 110)

Rank in course/Women: 2 (of 18)

Best time in course: 1:37:09

Rank in category: 1(of 2)

Best time in the category: 1:43:30

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	15:07	4:34	1	-	3	0:46	3.30	15:07	4:34	1	-	18	
Lap 2	1.70	8:45	5:08	1	-	2	0:31	5.00	23:52	4:46	1	-	18	
Lap 3	2.10	8:07	3:51	1	-	4	0:29	7.10	31:59	4:30	1	-	17	
Lap 4	4.95	24:14	4:53	1	-	2	0:57	12.05	56:13	4:39	2		16	
Lap 5	3.65	15:42	4:18	1	-	2	0:09	15.70	1:11:55	4:34	1	-	17	
Lap 6	1.40	5:49	4:09	2	2:30	3	2:30	17.10	1:17:44	4:32	1	-	18	
Last lap Finish	3.70	25:46	6:57	1	-	14	6:21	20.80	1:43:30	4:58	1	-	2	6:21