



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Szech, Tanya

Club: Wennigsen
Number: 517

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:43:48

Speed: 11.56 km/h
Running performance: 4:59 min/km

Rank in course/Total: 25 (of 110)

Rank in course/Women: 4 (of 18)

Best time in course: 1:37:09

Rank in category: 2(of 5)

Best time in the category: 1:43:35

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	17:02	5:09	3	1:58	6	2:41	3.30	17:02	5:09	1	-	17	
Lap 2	1.70	9:23	5:31	2	0:26	4	1:09	5.00	26:25	5:16	1	-	17	
Lap 3	2.10	8:04	3:50	2	0:03	3	0:26	7.10	34:29	4:51	1	-	16	
Lap 4	4.95	26:34	5:22	2	1:33	4	3:17	12.05	1:01:03	5:03	5		18	
Lap 5	3.65	17:22	4:45	2	0:41	4	1:49	15.70	1:18:25	4:59	1	-	16	
Lap 6	1.40	5:58	4:15	2	0:01	5	2:39	17.10	1:24:23	4:56	1	-	17	
Last lap Finish	3.70	19:25	5:14	1	-	1	-	20.80	1:43:48	4:59	2	0:13	4	6:39