



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Stanienda, Bianca

Club: SVE Hiddestorf
Number: 598

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:43:35

Speed: 11.58 km/h
Running performance: 4:59 min/km

Rank in course/Total: 21 (of 110)

Rank in course/Women: 3 (of 18)

Best time in course: 1:37:09

Rank in category: 1(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	15:04	4:33	1	-	2	0:43	3.30	15:04	4:33	2	-	16	-
Lap 2	1.70	8:57	5:15	1	-	3	0:43	5.00	24:01	4:48	2	-	16	-
Lap 3	2.10	8:01	3:49	1	-	2	0:23	7.10	32:02	4:30	2	-	15	-
Lap 4	4.95	25:01	5:03	1	-	3	1:44	12.05	57:03	4:44	4	-	17	-
Lap 5	3.65	16:41	4:34	1	-	3	1:08	15.70	1:13:44	4:41	2	-	15	-
Lap 6	1.40	5:57	4:15	1	-	4	2:38	17.10	1:19:41	4:39	2	-	16	-
Last lap Finish	3.70	23:54	6:27	4	4:29	9	4:29	20.80	1:43:35	4:58	1	-	3	6:26