



# 10. Deisterberglauf

Barsinghausen / 15.09.2013

## Detailed evaluation

**Giesler, Iris**

Club: TSV Kirchdorf  
Number: 34

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 25:34

Speed: 11.73 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 18 (of 53)  
Rank in course/Women: 4 (of 28)  
Best time in course: 21:30

Rank in category: 1(of 3)  
Best time in the category: 25:34

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.30	17:37	5:20	1	-	3	2:23	3.30	17:37	5:20	1	-	26	
Last lap Finish	1.70	7:57	4:40	1	-	8	1:41	5.00	25:34	5:06	1	-	4	4:04