



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind 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