



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kutzner, Carmen

Club: Hannover 96 Triathlon
Number: 613

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:49:40

Speed: 10.94 km/h
Running performance: 5:16 min/km

Rank in course/Total: 44 (of 110)

Rank in course/Women: 6 (of 18)

Best time in course: 1:37:09

Rank in category: 1(of 3)

Best time in the category: 1:49:40

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	16:23	4:57	1	-	5	2:02	3.30	16:23	4:57	1	-	15	
Lap 2	1.70	9:47	5:45	1	-	5	1:33	5.00	26:10	5:14	1	-	15	
Lap 3	2.10	8:44	4:09	1	-	5	1:06	7.10	34:54	4:54	1	-	14	
Lap 4	4.95	28:20	5:43	1	-	6	5:03	12.05	1:03:14	5:14	1	-	15	
Lap 5	3.65	18:14	4:59	1	-	6	2:41	15.70	1:21:28	5:11	1	-	14	
Lap 6	1.40	6:41	4:46	1	-	9	3:22	17.10	1:28:09	5:09	1	-	15	
Last lap Finish	3.70	21:31	5:48	2	1:04	5	2:06	20.80	1:49:40	5:16	1	-	6	12:31