



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Lerbs, Nicole

Club: Bad Mnder/Rohrsen
Number: 608

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:49:35

Speed: 10.95 km/h
Running performance: 5:16 min/km

Rank in course/Total: 42 (of 110)

Rank in course/Women: 5 (of 18)

Best time in course: 1:37:09

Rank in category: 3(of 5)

Best time in the category: 1:43:35

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	17:34	5:19	4	2:30	8	3:13	3.30	17:34	5:19	3	0:32	14	
Lap 2	1.70	9:55	5:49	3	0:58	6	1:41	5.00	27:29	5:29	3	1:04	14	
Lap 3	2.10	9:08	4:20	4	1:07	8	1:30	7.10	36:37	5:09	3	2:08	13	
Lap 4	4.95	28:00	5:39	3	2:59	5	4:43	12.05	1:04:37	5:21	1	-	14	
Lap 5	3.65	18:04	4:56	3	1:23	5	2:31	15.70	1:22:41	5:15	3	4:16	13	
Lap 6	1.40	6:26	4:35	3	0:29	6	3:07	17.10	1:29:07	5:12	3	4:44	14	
Last lap Finish	3.70	20:28	5:31	2	1:03	3	1:03	20.80	1:49:35	5:16	3	6:00	5	12:26