



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Wiedemann, Ute

Club: Petershagen
Number: 566

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:50:54

Speed: 10.82 km/h
Running performance: 5:20 min/km

Rank in course/Total: 48 (of 110)

Rank in course/Women: 7 (of 18)

Best time in course: 1:37:09

Rank in category: 4(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	16:18	4:56	2	1:14	4	1:57	3.30	16:18	4:56	4			13
Lap 2	1.70	10:22	6:05	4	1:25	9	2:08	5.00	26:40	5:20	4	0:15		13
Lap 3	2.10	9:07	4:20	3	1:06	7	1:29	7.10	35:47	5:02	4	1:18		12
Lap 4	4.95	28:30	5:45	4	3:29	7	5:13	12.05	1:04:17	5:20	2			13
Lap 5	3.65	18:36	5:05	4	1:55	7	3:03	15.70	1:22:53	5:16	4	4:28		12
Lap 6	1.40	6:30	4:38	4	0:33	7	3:11	17.10	1:29:23	5:13	4	5:00		13
Last lap Finish	3.70	21:31	5:48	3	2:06	5	2:06	20.80	1:50:54	5:19	4	7:19	7	13:45