



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Hoffmann, Steffi

Club: Elan Barsinghausen
Number: 602

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:51:09

Speed: 11.23 km/h
Running performance: 5:20 min/km

Rank in course/Total: 49 (of 110)

Rank in course/Women: 8 (of 18)

Best time in course: 1:37:09

Rank in category: 2(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	17:12	5:12	2	0:49	7	2:51	3.30	17:12	5:12	2	0:49	12	
Lap 2	1.70	10:05	5:55	2	0:18	8	1:51	5.00	27:17	5:27	2	1:07	12	
Lap 3	2.10	9:09	4:21	2	0:25	9	1:31	7.10	36:26	5:07	2	1:32	11	
Lap 4	4.95	28:36	5:46	2	0:16	8	5:19	12.05	1:05:02	5:23	2	1:48	12	
Lap 5	3.65	18:59	5:12	2	0:45	9	3:26	15.70	1:24:01	5:21	2	2:33	11	
Lap 6	1.40	6:41	4:46	1	-	9	3:22	17.10	1:30:42	5:18	2	2:33	12	
Last lap Finish	3.70	20:27	5:31	1	-	2	1:02	20.80	1:51:09	5:20	2	1:29	8	14:00