



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Klein, Claudia

Club: VC Nienburg//LG Nienburg  
Number: 620

Course: 20.80 km  
Halbmarathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:51:58

Speed: 10.72 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 53 (of 110)

Rank in course/Women: 9 (of 18)

Best time in course: 1:37:09

Rank in category: 1(of 5)

Best time in the category: 1:51:58

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	17:37	5:20	1	-	9	3:16	3.30	17:37	5:20	1	-	11	
Lap 2	1.70	10:03	5:54	1	-	7	1:49	5.00	27:40	5:31	1	-	11	
Lap 3	2.10	8:53	4:13	1	-	6	1:15	7.10	36:33	5:08	1	-	10	
Lap 4	4.95	28:57	5:50	1	-	9	5:40	12.05	1:05:30	5:26	1	-	11	
Lap 5	3.65	18:53	5:10	1	-	8	3:20	15.70	1:24:23	5:22	1	-	10	
Lap 6	1.40	6:35	4:42	1	-	8	3:16	17.10	1:30:58	5:19	1	-	11	
Last lap Finish	3.70	21:00	5:40	1	-	4	1:35	20.80	1:51:58	5:22	1	-	9	14:49