



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Becker, Heike

Club: TSV Barsinghausen Triathlon  
Number: 22

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 25:37

Speed: 11.71 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 19 (of 53)

Rank in course/Women: 5 (of 28)

Best time in course: 21:30

Rank in category: 1(of 3)

Best time in the category: 25:37

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 3.30        | 17:58         | 5:26            | 1           | -              | 5            | 2:44            | 3.30          | 17:58         | 5:26            | 1           | -              | 25           |                 |
| Last lap Finish | 1.70        | 7:39          | 4:30            | 1           | -              | 6            | 1:23            | 5.00          | 25:37         | 5:07            | 1           | -              | 5            | 4:07            |