



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind 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