



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Von Bronk, Claudia

Number: 627

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:00:15

Speed: 10.38 km/h
Running performance: 5:47 min/km

Rank in course/Total: 74 (of 110)

Rank in course/Women: 10 (of 18)

Best time in course: 1:37:09

Rank in category: 3(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	18:31	5:36	3	2:08	10	4:10	3.30	18:31	5:36	3	2:08	1	-
Lap 2	1.70	11:38	6:50	3	1:51	12	3:24	5.00	30:09	6:01	3	3:59	1	-
Lap 3	2.10	9:39	4:35	3	0:55	10	2:01	7.10	39:48	5:36	3	4:54	1	-
Lap 4	4.95	31:58	6:27	3	3:38	13	8:41	12.05	1:11:46	5:57	3	8:32	1	-
Lap 5	3.65	19:35	5:21	3	1:21	10	4:02	15.70	1:31:21	5:49	3	9:53	1	-
Lap 6	1.40	6:52	4:54	3	0:11	11	3:33	17.10	1:38:13	5:44	3	10:04	1	-
Last lap Finish	3.70	22:02	5:57	3	1:35	7	2:37	20.80	2:00:15	5:46	3	10:35	10	23:06