



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Heinze, Ines

Club: LT SC Bad Münden
Number: 597

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:03:01

Speed: 10.14 km/h
Running performance: 5:55 min/km

Rank in course/Total: 77 (of 110)

Rank in course/Women: 11 (of 18)

Best time in course: 1:37:09

Rank in category: 2(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	18:46	5:41	3	1:09	12	4:25	3.30	18:46	5:41	2	1:09	9	0:15
Lap 2	1.70	10:51	6:22	2	0:48	10	2:37	5.00	29:37	5:55	2	1:57	9	
Lap 3	2.10	9:51	4:41	2	0:58	11	2:13	7.10	39:28	5:33	2	2:55	8	
Lap 4	4.95	31:32	6:22	3	2:35	11	8:15	12.05	1:11:00	5:53	2	5:30	9	
Lap 5	3.65	20:32	5:37	2	1:39	11	4:59	15.70	1:31:32	5:49	2	7:09	8	0:11
Lap 6	1.40	7:16	5:11	2	0:41	12	3:57	17.10	1:38:48	5:46	2	7:50	9	0:35
Last lap Finish	3.70	24:13	6:32	2	3:13	12	4:48	20.80	2:03:01	5:54	2	11:03	11	25:52