



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Marquard, Bärbel

Club: Barsinghausen  
Number: 599

Course: 20.80 km  
Halbmarathon

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:04:30

Speed: 9.64 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 80 (of 110)  
Rank in course/Women: 12 (of 18)  
Best time in course: 1:37:09

Rank in category: 3(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	18:41	5:39	2	1:04	11	4:20	3.30	18:41	5:39	3	1:04	8	0:10
Lap 2	1.70	11:04	6:30	3	1:01	11	2:50	5.00	29:45	5:57	3	2:05	8	
Lap 3	2.10	10:16	4:53	3	1:23	12	2:38	7.10	40:01	5:38	3	3:28	7	0:13
Lap 4	4.95	31:24	6:20	2	2:27	10	8:07	12.05	1:11:25	5:55	3	5:55	8	
Lap 5	3.65	20:44	5:40	3	1:51	12	5:11	15.70	1:32:09	5:52	3	7:46	7	0:48
Lap 6	1.40	7:34	5:24	3	0:59	13	4:15	17.10	1:39:43	5:49	3	8:45	8	1:30
Last lap Finish	3.70	24:47	6:41	3	3:47	13	5:22	20.80	2:04:30	5:59	3	12:32	12	27:21