



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Weber, Meike

Club: Hannover 96
Number: 539

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:08:34

Speed: 9.71 km/h
Running performance: 6:11 min/km

Rank in course/Total: 83 (of 110)
Rank in course/Women: 13 (of 18)
Best time in course: 1:37:09

Rank in category: 1(of 2)
Best time in the category: 2:08:34

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	19:39	5:57	1	-	14	5:18	3.30	19:39	5:57	1	-	7	1:08
Lap 2	1.70	11:38	6:50	1	-	12	3:24	5.00	31:17	6:15	1	-	7	1:08
Lap 3	2.10	10:39	5:04	1	-	13	3:01	7.10	41:56	5:54	1	-	6	2:08
Lap 4	4.95	32:59	6:39	1	-	14	9:42	12.05	1:14:55	6:13	1	-	7	3:09
Lap 5	3.65	21:51	5:59	1	-	13	6:18	15.70	1:36:46	6:09	1	-	6	5:25
Lap 6	1.40	7:49	5:35	1	-	15	4:30	17.10	1:44:35	6:06	1	-	7	6:22
Last lap Finish	3.70	23:59	6:28	1	-	10	4:34	20.80	2:08:34	6:10	1	-	13	31:25