



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Schmager, Marion

Number: 626

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:09:16

Speed: 9.28 km/h
Running performance: 6:13 min/km

Rank in course/Total: 85 (of 110)

Rank in course/Women: 14 (of 18)

Best time in course: 1:37:09

Rank in category: 5(of 5)

Best time in the category: 1:43:35

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	19:36	5:56	5	4:32	13	5:15	3.30	19:36	5:56	5	2:34	6	1:05
Lap 2	1.70	11:40	6:51	5	2:43	14	3:26	5.00	31:16	6:15	5	4:51	6	1:07
Lap 3	2.10	12:06	5:45	5	4:05	15	4:28	7.10	43:22	6:06	5	8:53	5	3:34
Lap 4	4.95	31:43	6:24	5	6:42	12	8:26	12.05	1:15:05	6:13	3	10:28	6	3:19
Lap 5	3.65	22:15	6:05	5	5:34	14	6:42	15.70	1:37:20	6:11	5	18:55	5	5:59
Lap 6	1.40	7:47	5:33	5	1:50	14	4:28	17.10	1:45:07	6:08	5	20:44	6	6:54
Last lap Finish	3.70	24:09	6:31	5	4:44	11	4:44	20.80	2:09:16	6:12	5	25:41	14	32:07