



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Meyer, Kathrin

Club: Garbsener SC
Number: 12

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 26:05

Speed: 11.50 km/h
Running performance: 5:13 min/km

Rank in course/Total: 24 (of 53)
Rank in course/Women: 6 (of 28)
Best time in course: 21:30

Rank in category: 1(of 2)
Best time in the category: 26:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	18:07	5:29	1	-	6	2:53	3.30	18:07	5:29	1	-	24	
Last lap Finish	1.70	7:58	4:41	1	-	9	1:42	5.00	26:05	5:13	1	-	6	4:35