



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Ahlers, Klara

Club: Masters of Annatum
Number: 532

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:24:28

Speed: 8.64 km/h
Running performance: 6:57 min/km

Rank in course/Total: 101 (of 110)

Rank in course/Women: 15 (of 18)

Best time in course: 1:37:09

Rank in category: 4(of 5)

Best time in the category: 1:51:58

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	22:02	6:40	4	4:25	15	7:41	3.30	22:02	6:40	4	4:25	5	3:31
Lap 2	1.70	12:05	7:06	4	2:02	15	3:51	5.00	34:07	6:49	4	6:27	5	3:58
Lap 3	2.10	11:02	5:15	4	2:09	14	3:24	7.10	45:09	6:21	4	8:36	4	5:21
Lap 4	4.95	37:13	7:31	4	8:16	15	13:56	12.05	1:22:22	6:50	4	16:52	5	10:36
Lap 5	3.65	25:10	6:53	4	6:17	15	9:37	15.70	1:47:32	6:50	4	23:09	4	16:11
Lap 6	1.40	8:54	6:21	4	2:19	17	5:35	17.10	1:56:26	6:48	4	25:28	4	18:13
Last lap Finish	3.70	28:02	7:34	4	7:02	15	8:37	20.80	2:24:28	6:56	4	32:30	15	47:19