



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Sasonowa, Valentyna

Club: Hannover
Number: 556

Course: 20.80 km
Halbmarathon

Category:
Frauen (20-29 Jahre)

Total time: 2:28:12

Speed: 8.10 km/h
Running performance: 7:08 min/km

Rank in course/Total: 102 (of 110)

Rank in course/Women: 16 (of 18)

Best time in course: 1:37:09

Rank in category: 2(of 2)

Best time in the category: 1:43:30

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	22:16	6:44	2	7:09	16	7:55	3.30	22:16	6:44	2	7:09	4	3:45
Lap 2	1.70	13:40	8:02	2	4:55	17	5:26	5.00	35:56	7:11	2	12:04	4	5:47
Lap 3	2.10	13:31	6:26	2	5:24	17	5:53	7.10	49:27	6:57	2	17:28	3	9:39
Lap 4	4.95	38:30	7:46	2	14:16	16	15:13	12.05	1:27:57	7:17	1	-	4	16:11
Lap 5	3.65	25:10	6:53	2	9:28	15	9:37	15.70	1:53:07	7:12	2	41:12	18	21:46
Lap 6	1.40	3:19	2:22	1	-	1	-	17.10	1:56:26	6:48	2	38:42	4	18:13
Last lap Finish	3.70	31:46	8:35	2	6:00	18	12:21	20.80	2:28:12	7:07	2	44:42	16	51:03