



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Ullrich, Viola

Club: Hannover
Number: 504

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:39:47

Speed: 7.51 km/h
Running performance: 7:41 min/km

Rank in course/Total: 104 (of 110)

Rank in course/Women: 17 (of 18)

Best time in course: 1:37:09

Rank in category: 2(of 2)

Best time in the category: 2:08:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	23:30	7:07	2	3:51	17	9:09	3.30	23:30	7:07	2	3:51	3	4:59
Lap 2	1.70	14:11	8:20	2	2:33	18	5:57	5.00	37:41	7:32	2	6:24	3	7:32
Lap 3	2.10	12:29	5:56	2	1:50	16	4:51	7.10	50:10	7:03	2	8:14	18	10:22
Lap 4	4.95	41:53	8:27	2	8:54	17	18:36	12.05	1:32:03	7:38	2	17:08	3	20:17
Lap 5	3.65	28:22	7:46	2	6:31	17	12:49	15.70	2:00:25	7:40	2	23:39	3	29:04
Lap 6	1.40	8:49	6:17	2	1:00	16	5:30	17.10	2:09:14	7:33	2	24:39	3	31:01
Last lap Finish	3.70	30:33	8:15	2	6:34	17	11:08	20.80	2:39:47	7:40	2	31:13	17	1:02:38