



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kaestner, Sabine

Club: Masters of Annaturm
Number: 546

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:58:05

Speed: 6.74 km/h
Running performance: 8:34 min/km

Rank in course/Total: 109 (of 110)

Rank in course/Women: 18 (of 18)

Best time in course: 1:37:09

Rank in category: 5(of 5)

Best time in the category: 1:51:58

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.30	24:30	7:25	5	6:53	18	10:09	3.30	24:30	7:25	5	6:53	2	5:59
Lap 2	1.70	13:30	7:56	5	3:27	16	5:16	5.00	38:00	7:35	5	10:20	2	7:51
Lap 3	2.10	16:27	7:49	5	7:34	18	8:49	7.10	54:27	7:40	5	17:54	2	14:39
Lap 4	4.95	44:36	9:00	5	15:39	18	21:19	12.05	1:39:03	8:13	5	33:33	2	27:17
Lap 5	3.65	30:03	8:13	5	11:10	18	14:30	15.70	2:09:06	8:13	5	44:43	2	37:45
Lap 6	1.40	19:58	14:15	5	13:23	18	16:39	17.10	2:29:04	8:43	5	58:06	2	50:51
Last lap Finish	3.70	29:01	7:50	5	8:01	16	9:36	20.80	2:58:05	8:33	5	1:06:07	18	1:20:56