



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Henze, Nadine

Club: Harsum  
Number: 47

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 26:31

Speed: 11.31 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 26 (of 53)

Rank in course/Women: 8 (of 28)

Best time in course: 21:30

Rank in category: 1(of 3)

Best time in the category: 26:31

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	18:54	5:43	1	-	8	3:40	3.30	18:54	5:43	1	-	23		
Last lap Finish	1.70	7:37	4:28	1	-	5	1:21	5.00	26:31	5:18	1	-	8	5:01	