



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Ruhl, Svenja

Club: Laatzen
Number: 3

Course: 5.00 km
5 km-Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 26:27

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 25 (of 53)

Rank in course/Women: 7 (of 28)

Best time in course: 21:30

Rank in category: 2(of 3)

Best time in the category: 21:30

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	18:41	5:39	2	3:27	7	3:27	3.30	18:41	5:39	2	3:27	22	
Last lap Finish	1.70	7:46	4:34	2	1:30	7	1:30	5.00	26:27	5:17	2	4:57	7	4:57