



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Endruweit, Bianca

Club: GutsMuths-Rennsteiglaufverein
Number: 10

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 26:55

Speed: 11.15 km/h
Running performance: 5:23 min/km

Rank in course/Total: 28 (of 53)

Rank in course/Women: 9 (of 28)

Best time in course: 21:30

Rank in category: 1(of 6)

Best time in the category: 26:55

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	19:21	5:51	1	-	9	4:07	3.30	19:21	5:51	1	-	21		
Last lap Finish	1.70	7:34	4:27	1	-	4	1:18	5.00	26:55	5:23	1	-	9	5:25	