



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bielefeld, Josefin

Club: TSV Kirchdorf
Number: 32

Course: 5.00 km
5 km-Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 27:52

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 29 (of 53)

Rank in course/Women: 10 (of 28)

Best time in course: 21:30

Rank in category: 3(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.	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	19:25	5:53	3	4:11	10	4:11	3.30	19:25	5:53	3	4:11	20	
Last lap Finish	1.70	8:27	4:58	3	2:11	12	2:11	5.00	27:52	5:34	3	6:22	10	6:22