



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Brinkema, Monika

Club: TSV Anderten  
Number: 6

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 28:17

Speed: 10.61 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 30 (of 53)  
Rank in course/Women: 11 (of 28)

Best time in course: 21:30

Rank in category: 1(of 2)  
Best time in the category: 28:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.30	19:33	5:55	1	-	11	4:19	3.30	19:33	5:55	1	-	11	6:47
Last lap Finish	1.70	8:44	5:08	1	-	14	2:28	5.00	28:17	5:39	1	-	11	6:47