



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Stemmer, Wiebke

Club: Wardenburg
Number: 23

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 28:38

Speed: 10.48 km/h
Running performance: 5:44 min/km

Rank in course/Total: 32 (of 53)
Rank in course/Women: 12 (of 28)
Best time in course: 21:30

Rank in category: 2(of 3)
Best time in the category: 25:34

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	20:16	6:08	2	2:39	12	5:02	3.30	20:16	6:08	2	2:39	18		
Last lap Finish	1.70	8:22	4:55	2	0:25	11	2:06	5.00	28:38	5:43	2	3:04	12	7:08	