



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Niehoff, Tanja

Club: pingpank.de
Number: 14

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 28:40

Speed: 10.47 km/h
Running performance: 5:44 min/km

Rank in course/Total: 33 (of 53)
Rank in course/Women: 13 (of 28)
Best time in course: 21:30

Rank in category: 2(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	20:41	6:16	2	1:20	13	5:27	3.30	20:41	6:16	2	1:20	17		
Last lap Finish	1.70	7:59	4:41	2	0:25	10	1:43	5.00	28:40	5:44	2	1:45	13	7:10	