



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Dolle, Astrid

Club: Hannover
Number: 44

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 29:56

Speed: 10.02 km/h
Running performance: 5:59 min/km

Rank in course/Total: 36 (of 53)
Rank in course/Women: 14 (of 28)
Best time in course: 21:30

Rank in category: 2(of 3)
Best time in the category: 25:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	20:56	6:20	2	2:58	15	5:42	3.30	20:56	6:20	2	2:58	16	0:12
Last lap Finish	1.70	9:00	5:17	2	1:21	15	2:44	5.00	29:56	5:59	2	4:19	14	8:26