



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Montag, Monika

Club: lifeline Freizeithof List Hannover
Number: 11

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 30:03

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 37 (of 53)
Rank in course/Women: 15 (of 28)
Best time in course: 21:30

Rank in category: 1(of 2)
Best time in the category: 30:03

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	20:44	6:16	1	-	14	5:30	3.30	20:44	6:16	1	-	1	-
Last lap Finish	1.70	9:19	5:28	1	-	17	3:03	5.00	30:03	6:00	1	-	15	8:33