



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Berlipp, Silke

Club: Hannover
Number: 61

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 30:52

Speed: 9.72 km/h
Running performance: 6:10 min/km

Rank in course/Total: 38 (of 53)
Rank in course/Women: 16 (of 28)
Best time in course: 21:30

Rank in category: 3(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	22:09	6:42	3	2:48	17	6:55	3.30	22:09	6:42	3	2:48	14	1:25
Last lap Finish	1.70	8:43	5:07	3	1:09	13	2:27	5.00	30:52	6:10	3	3:57	16	9:22