



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Schneider, Claudia

Club: SV Gehrden
Number: 39

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 31:00

Speed: 9.68 km/h
Running performance: 6:12 min/km

Rank in course/Total: 39 (of 53)

Rank in course/Women: 17 (of 28)

Best time in course: 21:30

Rank in category: 2(of 2)

Best time in the category: 28:17

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	21:55	6:38	2	2:22	16	6:41	3.30	21:55	6:38	2	2:22	13	1:11
Last lap Finish	1.70	9:05	5:20	2	0:21	16	2:49	5.00	31:00	6:12	2	2:43	17	9:30