



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

de Greef, Marina

Number: 51

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 32:00

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 40 (of 53)

Rank in course/Women: 18 (of 28)

Best time in course: 21:30

Rank in category: 3(of 3)

Best time in the category: 25:37

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	22:31	6:49	3	4:33	18	7:17	3.30	22:31	6:49	3	4:33	12	1:47
Last lap Finish	1.70	9:29	5:34	3	1:50	19	3:13	5.00	32:00	6:24	3	6:23	18	10:30