



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Meier, Katharina

Club: Bückeburger Hockey Club  
Number: 1

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 32:38

Speed: 9.19 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 42 (of 53)

Rank in course/Women: 19 (of 28)

Best time in course: 21:30

Rank in category: 2(of 3)

Best time in the category: 26:31

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	22:46	6:53	2	3:52	19	7:32	3.30	22:46	6:53	2	3:52	11	2:02
Last lap Finish	1.70	9:52	5:48	2	2:15	20	3:36	5.00	32:38	6:31	2	6:07	19	11:08