



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kubitz, Sabina M.

Club: 32yoga
Number: 65

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 32:53

Speed: 9.12 km/h
Running performance: 6:35 min/km

Rank in course/Total: 43 (of 53)
Rank in course/Women: 20 (of 28)
Best time in course: 21:30

Rank in category: 4(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	23:25	7:05	4	4:04	21	8:11	3.30	23:25	7:05	4	4:04	10	2:41
Last lap Finish	1.70	9:28	5:34	4	1:54	18	3:12	5.00	32:53	6:34	4	5:58	20	11:23