



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Melzian, Ute

Club: TuS Altwarmbüchen
Number: 43

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 33:49

Speed: 8.87 km/h
Running performance: 6:46 min/km

Rank in course/Total: 44 (of 53)
Rank in course/Women: 21 (of 28)
Best time in course: 21:30

Rank in category: 1(of 1)
Best time in the category: 33:49

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	23:16	7:03	1	-	20	8:02	3.30	23:16	7:03	1	-	9	2:32
Last lap Finish	1.70	10:33	6:12	1	-	23	4:17	5.00	33:49	6:45	1	-	21	12:19