



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Opolka, Helga

Club: ./.

Number: 29

Course: 5.00 km

5 km-Lauf

Category:

Seniorinnen W70 (70-74 Jahre)

Total time: 34:45

Speed: 8.63 km/h

Running performance: 6:57 min/km

Rank in course/Total: 46 (of 53)

Rank in course/Women: 22 (of 28)

Best time in course: 21:30

Rank in category: 1(of 1)

Best time in the category: 34:45

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	24:22	7:23	1	-	22	9:08	3.30	24:22	7:23	1	-	8	3:38
Last lap Finish	1.70	10:23	6:06	1	-	21	4:07	5.00	34:45	6:57	1	-	22	13:15