



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Wilstermann, Janine

Club: Hannover
Number: 46

Course: 5.00 km
5 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 35:39

Speed: 8.42 km/h
Running performance: 7:08 min/km

Rank in course/Total: 47 (of 53)

Rank in course/Women: 23 (of 28)

Best time in course: 21:30

Rank in category: 3(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	25:01	7:34	3	6:07	24	9:47	3.30	25:01	7:34	3	6:07	7	4:17
Last lap Finish	1.70	10:38	6:15	3	3:01	24	4:22	5.00	35:39	7:07	3	9:08	23	14:09