



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Jünke, Tanja

Club: Hannover
Number: 7

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 35:58

Speed: 8.34 km/h
Running performance: 7:11 min/km

Rank in course/Total: 48 (of 53)
Rank in course/Women: 24 (of 28)
Best time in course: 21:30

Rank in category: 3(of 3)
Best time in the category: 25:34

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 | 24:41 | 7:28 | 3 | 7:04 | 23 | 9:27 | 3.30 | 24:41 | 7:28 | 3 | 7:04 | 6 | 3:57 |
| Last lap Finish | 1.70 | 11:17 | 6:38 | 3 | 3:20 | 27 | 5:01 | 5.00 | 35:58 | 7:11 | 3 | 10:24 | 24 | 14:28 |