



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