



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Hof, Karin

Total time: 36:18

Number: 64

Speed: 8.26 km/h

Running performance: 7:16 min/km

Course: 5.00 km

Rank in course/Total: 49 (of 53)

5 km-Lauf

Rank in course/Women: 25 (of 28)

Best time in course: 21:30

Category:

Rank in category: 2(of 2)

Seniorinnen W30 (30-34 Jahre)

Best time in the category: 26:05

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	25:34	7:44	2	7:27	25	10:20	3.30	25:34	7:44	2	7:27	5	4:50
Last lap Finish	1.70	10:44	6:18	2	2:46	25	4:28	5.00	36:18	7:15	2	10:13	25	14:48