



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Pingpank, Svenja

Club: TSV Kirchdorf
Number: 20

Course: 5.00 km
5 km-Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 21:30

Speed: 13.95 km/h
Running performance: 4:18 min/km

Rank in course/Total: 5 (of 53)

Rank in course/Women: 1 (of 28)

Best time in course: 21:30

Rank in category: 1 (of 3)

Best time in the category: 21:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	15:14	4:36	1	-	1	-	3.30	15:14	4:36	1	-	15	
Last lap Finish	1.70	6:16	3:41	1	-	1	-	5.00	21:30	4:17	1	-	1	-