



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Erdmann, Anja-Stephanie

Club: Hannover

Number: 21

Course: 5.00 km

5 km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 36:49

Speed: 8.15 km/h

Running performance: 7:22 min/km

Rank in course/Total: 50 (of 53)

Rank in course/Women: 26 (of 28)

Best time in course: 21:30

Rank in category: 5(of 6)

Best time in the category: 26:55

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	26:24	8:00	6	7:03	28	11:10	3.30	26:24	8:00	5	7:03	4	5:40
Last lap Finish	1.70	10:25	6:07	5	2:51	22	4:09	5.00	36:49	7:21	5	9:54	26	15:19