



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

**Weiß, Heike**

Club: Hannover  
Number: 4

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 37:11

Speed: 8.07 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 51 (of 53)  
Rank in course/Women: 27 (of 28)  
Best time in course: 21:30

Rank in category: 6(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	26:02	7:53	5	6:41	26	10:48	3.30	26:02	7:53	6	6:41	3	5:18
Last lap Finish	1.70	11:09	6:33	6	3:35	26	4:53	5.00	37:11	7:26	6	10:16	27	15:41