



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Behrendt, Ilona

Club: Hannover
Number: 9

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 37:44

Speed: 7.95 km/h
Running performance: 7:33 min/km

Rank in course/Total: 52 (of 53)

Rank in course/Women: 28 (of 28)

Best time in course: 21:30

Rank in category: 2(of 2)

Best time in the category: 30:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.30	26:20	7:58	2	5:36	27	11:06	3.30	26:20	7:58	2	5:36	2	5:36
Last lap Finish	1.70	11:24	6:42	2	2:05	28	5:08	5.00	37:44	7:32	2	7:41	28	16:14