



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Hannelore, Lyda

Club: Dets Race Team
Number: 164

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 46:57

Speed: 12.40 km/h
Running performance: 4:50 min/km

Rank in course/Total: 8 (of 73)
Rank in course/Women: 1 (of 24)
Best time in course: 46:57

Rank in category: 1(of 2)
Best time in the category: 46:57

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	18:38	5:38	1	-	1	-	3.30	18:38	5:38	1	-	13	
Lap 2	1.70	9:27	5:33	1	-	1	-	5.00	28:05	5:36	1	-	13	
Lap 3	2.10	8:01	3:49	1	-	1	-	7.10	36:06	5:05	1	-	13	
Last lap Finish	2.60	10:51	4:10	1	-	2	0:11	9.70	46:57	4:50	1	-	1	-