



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bartels, Iris

Club: pingpank.de
Number: 126

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 47:18

Speed: 11.42 km/h
Running performance: 4:53 min/km

Rank in course/Total: 9 (of 73)
Rank in course/Women: 2 (of 24)
Best time in course: 46:57

Rank in category: 1(of 7)
Best time in the category: 47:18

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	18:49	5:42	1	-	3	0:11	3.30	18:49	5:42	1	-	24	
Lap 2	1.70	9:35	5:38	1	-	3	0:08	5.00	28:24	5:40	1	-	24	
Lap 3	2.10	8:14	3:55	1	-	2	0:13	7.10	36:38	5:09	1	-	24	
Last lap Finish	2.60	10:40	4:06	1	-	1	-	9.70	47:18	4:52	1	-	2	0:21