



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Meier, Sabine

Club: TuS Bothfeld
Number: 160

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 47:52

Speed: 11.28 km/h
Running performance: 4:56 min/km

Rank in course/Total: 12 (of 73)

Rank in course/Women: 3 (of 24)

Best time in course: 46:57

Rank in category: 1(of 8)

Best time in the category: 47:52

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	8:37	4:06	1	-	4	0:36	7.10	36:42	5:10	1	-	23	
Last lap Finish	2.60	11:10	4:17	1	-	4	0:30	9.70	47:52	4:56	1	-	3	0:55