



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Pingpank, Silke

Club: pingpank.de
Number: 133

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 49:41

Speed: 11.71 km/h
Running performance: 5:07 min/km

Rank in course/Total: 17 (of 73)

Rank in course/Women: 4 (of 24)

Best time in course: 46:57

Rank in category: 2(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	19:30	5:54	2	0:52	4	0:52	3.30	19:30	5:54	2	0:52	22	
Lap 2	1.70	10:07	5:57	2	0:40	4	0:40	5.00	29:37	5:55	2	1:32	22	
Lap 3	2.10	8:46	4:10	3	0:09	7	0:45	7.10	38:23	5:24	2	1:41	21	
Last lap Finish	2.60	11:18	4:20	2	0:08	5	0:38	9.70	49:41	5:07	2	1:49	4	2:44