



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kaschorek, Maike

Club: pingpank.de
Number: 119

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 50:02

Speed: 10.79 km/h
Running performance: 5:10 min/km

Rank in course/Total: 20 (of 73)
Rank in course/Women: 5 (of 24)
Best time in course: 46:57

Rank in category: 3(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	19:31	5:54	3	0:53	5	0:53	3.30	19:31	5:54	3	0:53	21	
Lap 2	1.70	10:14	6:01	3	0:47	6	0:47	5.00	29:45	5:57	3	1:40	21	
Lap 3	2.10	8:38	4:06	2	0:01	5	0:37	7.10	38:23	5:24	2	1:41	21	
Last lap Finish	2.60	11:39	4:28	3	0:29	6	0:59	9.70	50:02	5:09	3	2:10	5	3:05