



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Leonhardt, Nicole

Club: SV Kirchboitzen
Number: 121

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 51:16

Speed: 11.35 km/h
Running performance: 5:17 min/km

Rank in course/Total: 28 (of 73)
Rank in course/Women: 6 (of 24)
Best time in course: 46:57

Rank in category: 2(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	20:20	6:09	3	1:31	7	1:42	3.30	20:20	6:09	2	1:31	20	
Lap 2	1.70	11:21	6:40	4	1:46	12	1:54	5.00	31:41	6:20	2	3:17	20	
Lap 3	2.10	8:29	4:02	2	0:15	3	0:28	7.10	40:10	5:39	2	3:32	20	
Last lap Finish	2.60	11:06	4:16	2	0:26	3	0:26	9.70	51:16	5:17	2	3:58	6	4:19