



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Wildhagen, Ina

Club: TSV Barsinghausen
Number: 140

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 51:20

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 29 (of 73)

Rank in course/Women: 7 (of 24)

Best time in course: 46:57

Rank in category: 3(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	19:58	6:03	2	1:09	6	1:20	3.30	19:58	6:03	3	1:09	19	
Lap 2	1.70	10:13	6:00	2	0:38	5	0:46	5.00	30:11	6:02	3	1:47	19	
Lap 3	2.10	9:13	4:23	4	0:59	8	1:12	7.10	39:24	5:32	3	2:46	19	
Last lap Finish	2.60	11:56	4:35	3	1:16	9	1:16	9.70	51:20	5:17	3	4:02	7	4:23