



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Stanienda, Kim Sophia

Number: 49

Course: 5.00 km
5 km-Lauf

Category:
weibliche Jugend U14 (12-13 Jahre)

Total time: 24:09

Speed: 12.42 km/h
Running performance: 4:50 min/km

Rank in course/Total: 9 (of 53)
Rank in course/Women: 2 (of 28)

Best time in course: 21:30
Rank in category: 1(of 1)
Best time in the category: 24:09

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	16:52	5:06	1	-	2	1:38	3.30	16:52	5:06	1	-	28	
Last lap Finish	1.70	7:17	4:17	1	-	2	1:01	5.00	24:09	4:49	1	-	2	2:39