



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bartels, Alexandra

Club: TSV Burgdorf
Number: 168

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 53:07

Speed: 10.17 km/h
Running performance: 5:29 min/km

Rank in course/Total: 33 (of 73)
Rank in course/Women: 8 (of 24)
Best time in course: 46:57

Rank in category: 4(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	21:13	6:25	4	2:24	10	2:35	3.30	21:13	6:25	4	2:24	18	
Lap 2	1.70	11:14	6:36	3	1:39	10	1:47	5.00	32:27	6:29	4	4:03	18	
Lap 3	2.10	8:43	4:09	3	0:29	6	0:42	7.10	41:10	5:47	4	4:32	18	
Last lap Finish	2.60	11:57	4:35	4	1:17	10	1:17	9.70	53:07	5:28	4	5:49	8	6:10