



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Ruhl, Dagmar

Club: pingpank.de
Number: 104

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 53:17

Speed: 10.13 km/h
Running performance: 5:29 min/km

Rank in course/Total: 34 (of 73)
Rank in course/Women: 9 (of 24)
Best time in course: 46:57

Rank in category: 4(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	20:52	6:19	4	2:14	8	2:14	3.30	20:52	6:19	4	2:14	17	
Lap 2	1.70	10:48	6:21	5	1:21	9	1:21	5.00	31:40	6:20	4	3:35	16	
Lap 3	2.10	9:53	4:42	5	1:16	13	1:52	7.10	41:33	5:51	4	4:51	17	
Last lap Finish	2.60	11:44	4:30	4	0:34	7	1:04	9.70	53:17	5:29	4	5:25	9	6:20