



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Haberkorn, Corinna

Club: pingpank.de
Number: 151

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 53:22

Speed: 10.12 km/h
Running performance: 5:30 min/km

Rank in course/Total: 35 (of 73)
Rank in course/Women: 10 (of 24)
Best time in course: 46:57

Rank in category: 5(of 8)
Best time in the category: 47:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Lap 1	3.30	20:53	6:19	5	2:15	9	2:15	3.30	20:53	6:19	5	2:15	16
Lap 2	1.70	10:47	6:20	4	1:20	8	1:20	5.00	31:40	6:20	4	3:35	16
Lap 3	2.10	9:54	4:42	6	1:17	14	1:53	7.10	41:34	5:51	5	4:52	16
Last lap Finish	2.60	11:48	4:32	5	0:38	8	1:08	9.70	53:22	5:30	5	5:30	10 6:25