



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Wollmann, Katrin

Club: pingpank.de
Number: 135

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 54:37

Speed: 9.89 km/h
Running performance: 5:38 min/km

Rank in course/Total: 40 (of 73)
Rank in course/Women: 11 (of 24)
Best time in course: 46:57

Rank in category: 1(of 3)
Best time in the category: 54:37

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	21:29	6:30	1	-	11	2:51	3.30	21:29	6:30	1	-	15	
Lap 2	1.70	11:35	6:48	1	-	14	2:08	5.00	33:04	6:36	1	-	15	
Lap 3	2.10	9:25	4:29	1	-	9	1:24	7.10	42:29	5:59	1	-	15	
Last lap Finish	2.60	12:08	4:39	1	-	11	1:28	9.70	54:37	5:37	1	-	11	7:40