



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Föhr, Tanja

Club: Innovation
Number: 346

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 59:43

Speed: 9.04 km/h
Running performance: 6:10 min/km

Rank in course/Total: 46 (of 51)
Rank in course/Women: 10 (of 12)
Best time in course: 40:59

Rank in category: 4(of 4)
Best time in the category: 47:36

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	Behind Women
Lap 1	3.30	21:08	6:24	4	4:10	10	6:23	3.30	21:08	6:24	4	4:10	10	6:23
Lap 2	1.70	12:44	7:29	4	3:03	10	4:42	5.00	33:52	6:46	4	7:13	10	11:05
Lap 3	2.10	11:10	5:19	4	2:18	11	3:41	7.10	45:02	6:20	4	9:31	10	14:31
Last lap Finish	2.60	14:41	5:38	4	2:36	10	4:16	9.70	59:43	6:09	4	12:07	10	18:44