



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

trute, franziska

Club: hannover
Number: 334

Course: 9.70 km
10 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:01:26

Speed: 8.79 km/h
Running performance: 6:20 min/km

Rank in course/Total: 48 (of 51)

Rank in course/Women: 11 (of 12)

Best time in course: 40:59

Rank in category: 2(of 2)

Best time in the category: 40:59

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 | 21:46 | 6:35 | 2 | 7:01 | 12 | 7:01 | 3.30 | 21:46 | 6:35 | 2 | 7:01 | 11 | 7:01 |
| Lap 2 | 1.70 | 12:55 | 7:35 | 2 | 4:53 | 11 | 4:53 | 5.00 | 34:41 | 6:56 | 2 | 11:54 | 11 | 11:54 |
| Lap 3 | 2.10 | 10:34 | 5:01 | 2 | 2:50 | 10 | 3:05 | 7.10 | 45:15 | 6:22 | 2 | 14:44 | 11 | 14:44 |
| Last lap Finish | 2.60 | 16:11 | 6:13 | 2 | 5:43 | 12 | 5:46 | 9.70 | 1:01:26 | 6:19 | 2 | 20:27 | 11 | 20:27 |