



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Hofbauer, Ines

Club: Magdeburg
Number: 313

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:01:57

Speed: 8.72 km/h
Running performance: 6:23 min/km

Rank in course/Total: 49 (of 51)

Rank in course/Women: 12 (of 12)

Best time in course: 40:59

Rank in category: 4(of 4)

Best time in the category: 50:00

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	21:26	6:29	4	3:04	11	6:41	3.30	21:26	6:29	4	2:54	12	6:41
Lap 2	1.70	13:11	7:45	4	3:21	12	5:09	5.00	34:37	6:55	4	6:15	12	11:50
Lap 3	2.10	12:24	5:54	4	2:50	12	4:55	7.10	47:01	6:37	4	9:03	12	16:30
Last lap Finish	2.60	14:56	5:44	4	2:54	11	4:31	9.70	1:01:57	6:23	4	11:57	12	20:58