



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Wei, Stephanie

Club: TSV Victoria
Number: 789

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:31:34

Speed: 13.11 km/h
Running performance: 4:24 min/km

Rank in course/Total: 17 (of 93)
Rank in course/Women: 2 (of 12)
Best time in course: 1:31:31

Rank in category: 1(of 2)
Best time in the category: 1:31:34

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	15:13	4:36	1	-	2	0:45	3.30	15:13	4:36	1	-	2	0:45
Lap 2	1.70	8:29	4:59	1	-	2	0:05	5.00	23:42	4:44	1	-	2	0:50
Lap 3	2.10	8:04	3:50	1	-	2	0:05	7.10	31:46	4:28	1	-	2	0:55
Lap 4	4.95	24:09	4:52	1	-	1	-	12.05	55:55	4:38	1	-	2	0:24
Lap 5	3.65	16:05	4:24	1	-	2	0:01	15.70	1:12:00	4:35	1	-	2	0:25
Lap 6	1.40	5:43	4:05	1	-	1	-	17.10	1:17:43	4:32	1	-	2	0:19
Last lap Finish	3.70	13:51	3:44	1	-	1	-	20.80	1:31:34	4:24	1	-	2	0:03