



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Szech, Tanya

Club: Wennigsen
Number: 757

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:41:47

Speed: 11.79 km/h
Running performance: 4:53 min/km

Rank in course/Total: 35 (of 93)
Rank in course/Women: 3 (of 12)
Best time in course: 1:31:31

Rank in category: 1(of 3)
Best time in the category: 1:41:47

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	16:45	5:04	2	0:19	4	2:17	3.30	16:45	5:04	1	-	3	2:17
Lap 2	1.70	9:23	5:31	1	-	3	0:59	5.00	26:08	5:13	1	-	3	3:16
Lap 3	2.10	8:38	4:06	1	-	4	0:39	7.10	34:46	4:53	1	-	3	3:55
Lap 4	4.95	26:41	5:23	1	-	3	2:32	12.05	1:01:27	5:05	1	-	3	5:56
Lap 5	3.65	17:48	4:52	1	-	3	1:44	15.70	1:19:15	5:02	1	-	3	7:40
Lap 6	1.40	6:25	4:35	1	-	3	0:42	17.10	1:25:40	5:00	1	-	3	8:16
Last lap Finish	3.70	16:07	4:21	1	-	4	2:16	20.80	1:41:47	4:53	1	-	3	10:16