



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Krause, Mandy

Club: Post SV Lehrte
Number: 728

Course: 20.80 km
Halbmarathon

Category:
Frauen (20-29 Jahre)

Total time: 1:44:15

Speed: 11.51 km/h
Running performance: 5:01 min/km

Rank in course/Total: 43 (of 93)
Rank in course/Women: 4 (of 12)
Best time in course: 1:31:31

Rank in category: 1(of 2)
Best time in the category: 1:44:15

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	1	-	4	2:17	3.30	16:45	5:04	1	-	3	2:17
Lap 2	1.70	10:04	5:55	1	-	4	1:40	5.00	26:49	5:21	1	-	4	3:57
Lap 3	2.10	8:35	4:05	1	-	3	0:36	7.10	35:24	4:59	1	-	4	4:33
Lap 4	4.95	28:44	5:48	1	-	4	4:35	12.05	1:04:08	5:19	1	-	4	8:37
Lap 5	3.65	18:19	5:01	1	-	4	2:15	15.70	1:22:27	5:15	1	-	4	10:52
Lap 6	1.40	6:29	4:37	1	-	4	0:46	17.10	1:28:56	5:12	1	-	4	11:32
Last lap Finish	3.70	15:19	4:08	1	-	3	1:28	20.80	1:44:15	5:00	1	-	4	12:44