



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wiedemann, Ute

Club: ohne
Number: 762

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:48:18

Speed: 11.08 km/h
Running performance: 5:13 min/km

Rank in course/Total: 49 (of 93)
Rank in course/Women: 5 (of 12)
Best time in course: 1:31:31

Rank in category: 2(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	16:26	4:58	1	-	3	1:58	3.30	16:26	4:58	2		5	1:58
Lap 2	1.70	10:12	6:00	2	0:49	5	1:48	5.00	26:38	5:19	2	0:30	5	3:46
Lap 3	2.10	9:30	4:31	2	0:52	5	1:31	7.10	36:08	5:05	2	1:22	5	5:17
Lap 4	4.95	29:22	5:55	3	2:41	7	5:13	12.05	1:05:30	5:26	2	4:03	5	9:59
Lap 5	3.65	19:08	5:14	3	1:20	7	3:04	15.70	1:24:38	5:23	2	5:23	5	13:03
Lap 6	1.40	6:56	4:57	3	0:31	7	1:13	17.10	1:31:34	5:21	2	5:54	5	14:10
Last lap Finish	3.70	16:44	4:31	3	0:37	7	2:53	20.80	1:48:18	5:12	2	6:31	5	16:47