



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Hoffmann, Steffi

Club: ELAN Barsinghausen
Number: 797

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:48:27

Speed: 11.07 km/h
Running performance: 5:13 min/km

Rank in course/Total: 51 (of 93)
Rank in course/Women: 6 (of 12)
Best time in course: 1:31:31

Rank in category: 2(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	17:21	5:15	2	2:08	6	2:53	3.30	17:21	5:15	2	2:08	6	2:53
Lap 2	1.70	10:13	6:00	2	1:44	6	1:49	5.00	27:34	5:30	2	3:52	6	4:42
Lap 3	2.10	9:45	4:38	2	1:41	7	1:46	7.10	37:19	5:15	2	5:33	6	6:28
Lap 4	4.95	29:10	5:53	2	5:01	6	5:01	12.05	1:06:29	5:31	2	10:34	6	10:58
Lap 5	3.65	18:43	5:07	2	2:38	5	2:39	15.70	1:25:12	5:25	2	13:12	6	13:37
Lap 6	1.40	6:38	4:44	2	0:55	5	0:55	17.10	1:31:50	5:22	2	14:07	6	14:26
Last lap Finish	3.70	16:37	4:29	2	2:46	6	2:46	20.80	1:48:27	5:12	2	16:53	6	16:56