



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Berkath, Petra

Club: TV Jahn Walsrode
Number: 703

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:49:17

Speed: 10.98 km/h
Running performance: 5:15 min/km

Rank in course/Total: 53 (of 93)
Rank in course/Women: 7 (of 12)
Best time in course: 1:31:31

Rank in category: 3(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	17:53	5:25	3	1:27	7	3:25	3.30	17:53	5:25	3	1:08	7	3:25
Lap 2	1.70	10:19	6:04	3	0:56	7	1:55	5.00	28:12	5:38	3	2:04	7	5:20
Lap 3	2.10	9:38	4:35	3	1:00	6	1:39	7.10	37:50	5:19	3	3:04	7	6:59
Lap 4	4.95	29:04	5:52	2	2:23	5	4:55	12.05	1:06:54	5:33	3	5:27	7	11:23
Lap 5	3.65	18:58	5:11	2	1:10	6	2:54	15.70	1:25:52	5:28	3	6:37	7	14:17
Lap 6	1.40	6:52	4:54	2	0:27	6	1:09	17.10	1:32:44	5:25	3	7:04	7	15:20
Last lap Finish	3.70	16:33	4:28	2	0:26	5	2:42	20.80	1:49:17	5:15	3	7:30	7	17:46