



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Emmermann, Petra

Club: Post SV Lehrte
Number: 710

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:00:39

Speed: 9.95 km/h
Running performance: 5:48 min/km

Rank in course/Total: 72 (of 93)
Rank in course/Women: 9 (of 12)
Best time in course: 1:31:31

Rank in category: 1(of 3)
Best time in the category: 2:00:39

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	20:05	6:05	1	-	9	5:37	3.30	20:05	6:05	1	-	9	5:37
Lap 2	1.70	11:39	6:51	1	-	9	3:15	5.00	31:44	6:20	1	-	9	8:52
Lap 3	2.10	11:11	5:19	2	1:26	11	3:12	7.10	42:55	6:02	1	-	9	12:04
Lap 4	4.95	32:32	6:34	1	-	9	8:23	12.05	1:15:27	6:15	1	-	9	19:56
Lap 5	3.65	21:07	5:47	1	-	9	5:03	15.70	1:36:34	6:09	1	-	9	24:59
Lap 6	1.40	7:12	5:08	1	-	8	1:29	17.10	1:43:46	6:04	1	-	9	26:22
Last lap Finish	3.70	16:53	4:33	1	-	8	3:02	20.80	2:00:39	5:48	1	-	9	29:08