



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Hirsch, Anna

Club: Hannover
Number: 719

Course: 20.80 km
Halbmarathon

Category:
Frauen (20-29 Jahre)

Total time: 2:04:26

Speed: 9.64 km/h
Running performance: 5:59 min/km

Rank in course/Total: 81 (of 93)
Rank in course/Women: 10 (of 12)
Best time in course: 1:31:31

Rank in category: 2(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	20:33	6:13	2	3:48	10	6:05	3.30	20:33	6:13	2	3:48	10	6:05
Lap 2	1.70	11:53	6:59	2	1:49	10	3:29	5.00	32:26	6:29	2	5:37	10	9:34
Lap 3	2.10	10:34	5:01	2	1:59	9	2:35	7.10	43:00	6:03	2	7:36	10	12:09
Lap 4	4.95	32:57	6:39	2	4:13	10	8:48	12.05	1:15:57	6:18	2	11:49	10	20:26
Lap 5	3.65	21:55	6:00	2	3:36	10	5:51	15.70	1:37:52	6:14	2	15:25	10	26:17
Lap 6	1.40	8:02	5:44	2	1:33	10	2:19	17.10	1:45:54	6:11	2	16:58	10	28:30
Last lap Finish	3.70	18:32	5:00	2	3:13	9	4:41	20.80	2:04:26	5:58	2	20:11	10	32:55