



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Ladage, Kerstin

Club: Edeka Ladage, Wennigsen
Number: 732

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:08:03

Speed: 9.37 km/h
Running performance: 6:10 min/km

Rank in course/Total: 82 (of 93)
Rank in course/Women: 11 (of 12)
Best time in course: 1:31:31

Rank in category: 2(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	20:58	6:21	2	0:53	11	6:30	3.30	20:58	6:21	2	0:53	11	6:30
Lap 2	1.70	12:09	7:08	2	0:30	11	3:45	5.00	33:07	6:37	2	1:23	11	10:15
Lap 3	2.10	9:45	4:38	1	-	7	1:46	7.10	42:52	6:02	2		11	12:01
Lap 4	4.95	34:20	6:56	2	1:48	11	10:11	12.05	1:17:12	6:24	2	1:45	11	21:41
Lap 5	3.65	22:34	6:10	2	1:27	11	6:30	15.70	1:39:46	6:21	2	3:12	11	28:11
Lap 6	1.40	9:19	6:39	3	2:07	12	3:36	17.10	1:49:05	6:22	2	5:19	11	31:41
Last lap Finish	3.70	18:58	5:07	2	2:05	11	5:07	20.80	2:08:03	6:09	2	7:24	11	36:32