



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Weber, Meike

Club: Hanover 96
Number: 761

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:18:07

Speed: 8.69 km/h
Running performance: 6:38 min/km

Rank in course/Total: 89 (of 93)
Rank in course/Women: 12 (of 12)
Best time in course: 1:31:31

Rank in category: 3(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	21:02	6:22	3	0:57	12	6:34	3.30	21:02	6:22	3	0:57	12	6:34
Lap 2	1.70	12:36	7:24	3	0:57	12	4:12	5.00	33:38	6:43	3	1:54	12	10:46
Lap 3	2.10	12:01	5:43	3	2:16	12	4:02	7.10	45:39	6:25	3	2:44	12	14:48
Lap 4	4.95	37:03	7:29	3	4:31	12	12:54	12.05	1:22:42	6:51	3	7:15	12	27:11
Lap 5	3.65	24:48	6:47	3	3:41	12	8:44	15.70	1:47:30	6:50	3	10:56	12	35:55
Lap 6	1.40	8:47	6:16	2	1:35	11	3:04	17.10	1:56:17	6:48	3	12:31	12	38:53
Last lap Finish	3.70	21:50	5:54	3	4:57	12	7:59	20.80	2:18:07	6:38	3	17:28	12	46:36