



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Schwarzbach, Dorothea

Club: TSV Kirchdorf
Number: 123

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 21:43

Speed: 13.81 km/h
Running performance: 4:20 min/km

Rank in course/Total: 3 (of 30)

Rank in course/Women: 1 (of 15)

Best time in course: 21:43

Rank in category: 1(of 3)

Best time in the category: 21:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Total ranking		
						Pos Women	Behind Women					Pos Women	Behind Women	
Lap 1	3.30	15:14	4:36	1	-	1	-	3.30	15:14	4:36	1	-	1	-
Last lap Finish	1.70	6:29	3:48	1	-	1	-	5.00	21:43	4:20	1	-	1	-