



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wanjiku Wangai-Senft, Benedict

Club: Diakonie
Number: 116

Course: 5.00 km
5 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 24:13

Speed: 12.39 km/h
Running performance: 4:50 min/km

Rank in course/Total: 7 (of 30)
Rank in course/Women: 2 (of 15)
Best time in course: 21:43

Rank in category: 1(of 3)
Best time in the category: 24:13

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.30	16:46	5:04	1	-	2	1:32	3.30	16:46	5:04	1	-	2	1:32
Last lap Finish	1.70	7:27	4:22	1	-	4	0:58	5.00	24:13	4:50	1	-	2	2:30