



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Ruhl, Svenja

Club: Hannover Athletics
Number: 111

Course: 5.00 km
5 km-Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 24:16

Speed: 12.36 km/h
Running performance: 4:51 min/km

Rank in course/Total: 8 (of 30)

Rank in course/Women: 3 (of 15)

Best time in course: 21:43

Rank in category: 1(of 1)

Best time in the category: 24:16

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	16:55	5:07	1	-	3	1:41	3.30	16:55	5:07	1	-	3	1:41
Last lap Finish	1.70	7:21	4:19	1	-	2	0:52	5.00	24:16	4:51	1	-	3	2:33