



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Berhstein, Janna

Club: Tsv Kirchdorf
Number: 122

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 24:36

Speed: 12.20 km/h
Running performance: 4:55 min/km

Rank in course/Total: 9 (of 30)

Rank in course/Women: 4 (of 15)

Best time in course: 21:43

Rank in category: 1 (of 2)

Best time in the category: 24:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	17:02	5:09	1	-	4	1:48	3.30	17:02	5:09	1	-	4	1:48
Last lap Finish	1.70	7:34	4:27	1	-	5	1:05	5.00	24:36	4:55	1	-	4	2:53