



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Bertram, Kim-Christin

Club: TSV Kirchdorf
Number: 120

Course: 5.00 km
5 km-Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 24:56

Speed: 12.03 km/h
Running performance: 4:59 min/km

Rank in course/Total: 11 (of 30)

Rank in course/Women: 5 (of 15)

Best time in course: 21:43

Rank in category: 1(of 1)

Best time in the category: 24:56

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	17:32	5:18	1	-	5	2:18	3.30	17:32	5:18	1	-	5	2:18
Last lap Finish	1.70	7:24	4:21	1	-	3	0:55	5.00	24:56	4:59	1	-	5	3:13